

# MENU

Upper School  
Week 1 Jan 6-10



## M Entrée

Penne Pasta  
Marinara Sauce  
Buttered Corn  
Sliced French Bread

**Action Station** Meatballs, Pulled Chicken, Italian Sausage  
**Dessert** Oatmeal Raisin Cookie

## T Entrée

Hot Dogs or Plant Based Brat  
Potato Chips  
Steamed Broccoli

**Action Station** Carvery station Roast Beef,  
**Dessert** Chocolate Pudding

## W Entrée

Grilled Cheese  
Roasted Red Potatoes  
Steamed Green Beans

**Action Station** Nacho Bar Chipotle Chicken  
**Dessert** M & M Cookies

## Th Entrée

Popcorn Chicken or breaded cauliflower  
Tater Tots  
Steamed Cauliflower

**Action Station** Vietnamese Pork BAO  
**Dessert** Rice Krispy Bars

## F Entrée

Pizza Bagel Cheese  
Focaccia Bread  
Steamed Carrots

**Action Station** Pepperoni Pizza  
**Dessert** Cinnamon Sugar Donut Holes

## Daily Offerings

### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**

# MIENNU

Upper School  
Week 2 Jan 13-17



## M Entrée

Cheese Tortellini  
Bread Sticks  
Buttered Peas & Carrots

**Action Station** Meatballs, Pulled Chicken, Italian,  
**Dessert** Sausage  
Chocolate Chip Cookie

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## T Entrée

Burger or Black Bean Burger  
Baked Steak Fries  
Steamed Broccoli

**Action Station** Carvery station Turkey Breast  
**Dessert** Vanilla Pudding

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## W Entrée

Beef Sloppy Joe or Lentil sloopy joe  
Roasted Red Potatoes  
Steamed Cauliflower

**Action Station** Nacho Bar Chorizo  
**Dessert** Sugar Cookies

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## Th Entrée

Cheese Quesadilla  
Steamed White Rice  
Sautéed Bell Peppers

**Action Station** Korean Beef BAO  
**Dessert** Red Velvet Cake

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## F Entrée

French Bread Pizza  
Parkerhouse Rolls  
Steamed Carrots

**Action Station** Margherita Flatbread  
**Dessert** Oreos

### Daily Offerings

#### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

#### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**



**M Entrée**  
Cavatappi Pasta  
Marinara Sauce  
Asiago Roll  
Steamed Cauliflower

No Service

**Action Station** Meatballs, Pulled Chicken, Italian Sausage  
**Dessert** USM Sugar Cookie Sprinkles

**T Entrée**  
Chicken Teriyaki or Tofu Teriyaki  
Steamed White Rice  
Green Beans

**Action Station** Carvery station Pork Loin  
**Dessert** Fudge Brownies

**W Entrée**  
Mac & Cheese  
Parkerhouse Dinner Roll  
Steamed Broccoli

**Action Station** Nacho Bar Taco Beef  
**Dessert** Chocolate Chip Cookies

**Th Entrée**  
Warm Turkey & Cheddar Melt or Cheese Melt  
Potato Chips  
Steamed Carrots

**Action Station** Thai Chicken BAO  
**Dessert** Yellow Cake

**F Entrée**  
Mini Italian Beef Sandwich or Grilled Cheese  
3-Cheese Semolina Bread  
Buttered Corn

**Action Station** Sauage Pizza  
**Dessert** Cinnamon Churros

## Daily Offerings

### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**

# MENU

Upper School  
Week 1 Jan 27-31



## M Entrée

Penne Pasta  
Marinara Sauce  
Buttered Corn  
Sliced French Bread

**Action Station** Meatballs, Pulled Chicken, Italian  
**Dessert** Sausage

Oatmeal Raisin Cookie

## T Entrée

Hot Dogs or Plant Based Brat  
Potato Chips  
Steamed Broccoli

**Action Station** Carvery station Roast Beef,  
**Dessert** Chocolate Pudding

## W Entrée

Grilled Cheese  
Roasted Red Potatoes  
Steamed Green Beans

**Action Station** Nacho Bar Chipotle Chicken  
**Dessert** M & M Cookies

## Th Entrée

Popcorn Chicken or breaded cauliflower  
Tater Tots  
Steamed Cauliflower

**Action Station** Vietnamese Pork BAO  
**Dessert** Rice Krispy Bars

## F Entrée

Pizza Bagel Cheese  
Focaccia Bread  
Steamed Carrots

**Action Station** Pepperoni Pizza  
**Dessert** Cinnamon Sugar Donut Holes

## Daily Offerings

### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**



# MIENNU

Upper School  
Week 2 Feb 3-7



## M Entrée

Cheese Tortellini  
Bread Sticks  
Buttered Peas & Carrots

**Action Station** Meatballs, Pulled Chicken, Italian Sausage  
**Dessert** Chocolate Chip Cookie

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## T Entrée

Burger or Black Bean Burger  
Baked Steak Fries  
Steamed Broccoli

**Action Station** Carvery station Turkey Breast  
**Dessert** Vanilla Pudding

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## W Entrée

Beef Sloppy Joe or Lentil Sloppy Joe  
Roasted Red Potatoes  
Steamed Cauliflower

**Action Station** Nacho Bar Chorizo  
**Dessert** Sugar Cookies

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## Th Entrée

Cheese Quesadilla  
Steamed White Rice  
Sautéed Bell Peppers

**Action Station** Korean Beef BAO  
**Dessert** Red Velvet Cake

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## F Entrée

French Bread Pizza  
Parkerhouse Rolls  
Steamed Carrots

**Action Station** Margherita Flatbread  
**Dessert** Oreos

## Daily Offerings

### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**



## M Entrée

Cavatappi Pasta  
Marinara Sauce  
Asiago Roll  
Steamed Cauliflower

**Action Station** Meatballs, Pulled Chicken, Italian Sausage  
**Dessert** USM Sugar Cookie Sprinkles

## T Entrée

Chicken Teriyaki or Tofu Teriyaki  
Steamed White Rice  
Green Beans

**Action Station** Carvery station Pork Loin  
**Dessert** Fudge Brownies

## W Entrée

Mac & Cheese  
Parkerhouse Dinner Roll  
Steamed Broccoli

**Action Station** Nacho Bar Taco Beef  
**Dessert** Chocolate Chip Cookies

## Th Entrée

Warm Turkey & Cheddar Melt or Cheese Melt  
Potato Chips  
Steamed Carrots

**Action Station** Thai Chicken BAO  
**Dessert** Yellow Cake

## F Entrée

Mini Italian Beef Sandwich or Grilled Cheese  
3-Cheese Semolina Bread  
Buttered Corn

**Action Station** Sausage Pizza  
**Dessert** Cinnamon Churros

### Daily Offerings

#### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

#### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**

# M E N U

Upper School  
Week 1 Feb 17-21



## M Entrée

Penne Pasta  
Marinara Sauce  
Buttered Corn  
Sliced French Bread

**Action Station** Meatballs, Pulled Chicken, Italian Sausage  
**Dessert** Oatmeal Raisin Cookie



## T Entrée

Hot Dogs or Plant Based Brat  
Potato Chips  
Steamed Broccoli

**Action Station** Carvery station Roast Beef,  
**Dessert** Chocolate Pudding

## W Entrée

Grilled Cheese  
Roasted Red Potatoes  
Steamed Green Beans

**Action Station** Nacho Bar Chipotle Chicken  
**Dessert** M & M Cookies

## Th Entrée

Popcorn Chicken or Breaded Cauliflower  
Tater Tots  
Steamed Cauliflower

**Action Station** Vietnamese Pork BAO  
**Dessert** Rice Krispy Bars

## F Entrée

Pizza Bagel Cheese  
Focaccia Bread  
Steamed Carrots

**Action Station** Pepperoni Pizza  
**Dessert** Cinnamon Sugar Donut Holes

## Daily Offerings

### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**

# MIENNU

Upper School  
Week 2 Feb 24-28



## M Entrée

Cheese Tortellini  
Bread Sticks  
Buttered Peas & Carrots

**Action Station** Meatballs, Pulled Chicken, Italian Sausage  
**Dessert** Chocolate Chip Cookie

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## T Entrée

Burger or Black Bean Burger  
Baked Steak Fries  
Steamed Broccoli

**Action Station** Carvery station Turkey Breast  
**Dessert** Vanilla Pudding

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## W Entrée

Beef Sloppy Joe or Lentil sloopy joe  
Roasted Red Potatoes  
Steamed Cauliflower

**Action Station** Nacho Bar Chorizo  
**Dessert** Sugar Cookies

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## Th Entrée

Cheese Quesadilla  
Steamed White Rice  
Sautéed Bell Peppers

**Action Station** Korean Beef BAO  
**Dessert** Red Velvet Cake

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## F Entrée

French Bread Pizza  
Parkerhouse Rolls  
Steamed Carrots

**Action Station** Margherita Flatbread  
**Dessert** Oreos

### Daily Offerings

#### Deli Bar

House Roasted Turkey  
Assortment of Deli Meats &  
Cheeses Variety of Local Breads

#### Salad Bar

Simple Greens  
Seasonal Gourmet Greens  
Assortment of Freshly Cut  
Toppings, Grains & Legumes  
House-Made Salad Dressings  
House Made Croutons  
Prepared Deli Salads  
Including:  
Chicken Salad, Egg Salad, Tuna Salad  
& Hummus  
Assortment of Local and Seasonal  
Hand Fruit, Flavored Low-Fat Yogurt

#### Beverages

2% Milk  
Chocolate Milk (Limited)  
Seasonal House-Made Aqua  
Fresca

**HANDCUT FOODS**