

MENU

Upper School
MARCH 3-7



M Entrée

Cheese Tortellini – Marinara & Alfredo Sauce
Three Cheese Semolina Bread
Buttered Peas & Carrots

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

T Entrée

★ Three Cheese Quesadilla
Sour Cream & Salsa
Spanish Rice & Fajita Style Vegetables

Action Station BYO Nacho Bar – Chorizo Fundido
Dessert Red Velvet Cake
Cream Cheese Frosting

W Entrée

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

Action Station Chef Carved Turkey Breast
Cranberry Chutney & Cornbread Stuffing

Dessert USM Sugar Cookies

Th Entrée

Creamy Mac & Cheese
Parker House Dinner Roll
Steamed Broccoli

Action Station Beef Bulgogi BAO Bun
Korean BBQ Sauce & Pickled Slaw

Dessert Vanilla Pudding – Chocolate Whipped Cream

F Entrée

Beef Hamburgers or Beyond Burger
Parmesan-Garlic Steak Fries
Roasted Buffalo Style Cauliflower

Action Station Margherita Flatbread
Balsamic Syrup & Basil

Dessert Cinnamon Sugar Donut Holes

Programming

- ★ Fat Tuesday Specials
- ★ Ash Wednesday

Daily Offerings

Deli Bar

Assortment of Deli Meats &
Cheeses Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut
Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS



M Entrée

Cavatappi Pasta
Marinara & Garlic Alfredo Sauce
Warm Asiago Roll
Steamed Green Beans

Action Station Meatballs, Pulled Chicken, Italian Sausage
Dessert Snickerdoodle Cookies

T Entrée

Ground Beef Tacos or
Vegan Chorizo & Tofu Taco
Spanish Rice, Refried Beans & Elote Corn

Action Station BYO Nacho Bar
Queso Con Carne
Dessert Lemon Bars

W Entrée

Shredded Italian Beef Sandwiches or
Three Cheese Melt
Parmesan-Garlic Tater Tots & Steamed Broccoli

Action Station Chef Carved Smoked Pork Loin,
Pretzel Slider Bun & Hone Mustard Sauce
Dessert Oatmeal Raisin Cookies

Th Entrée

Warm Turkey & Cheddar Melt or
Three Cheese, Roasted Tomato & Spinach Melt
House BBQ Chips & Honey Glazed Carrots

Action Station Shredded Thai Chicken Bao Bun
Tangy Slaw & Sweet Chili Sauce
Dessert Carrot Cake – Cream Cheese
Frosting

F Entrée

★ French Bread Pizza
Garlic-Parmesan Bread Sticks
Steamed Cauliflower

Action Station Blue Cheese, Pear & Arugula Flatbread
Rosemary-Honey Drizzle
Dessert Assorted Pi Buffet

Friday Programming

- ★ Pi DAY
- ★ St. Paddy's Day Celebration
- ★ Lent – Fish Special

Daily Offerings

Deli Bar

Assortment of Deli Meats &
Cheeses Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut
Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

M E N U

Upper School
MARCH 17-21



Daily Offerings

Deli Bar

Assortment of Deli Meats &
Cheeses Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut
Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

M Entrée

Cheese Ravioli - Marinara & Alfredo
Sauce
Warm Herbed Focaccia
Steamed Green Beans

No Service

3/17-3/21

Spring Break

Action Station
Dessert

Meatballs, Puffo Focaccia, Italian
Sausage
Oatmeal Raisin Cookies

T

Entrée

Shredd Pork Tacos al Pastor or
Three Cheese Quesadilla
Spanish Rice & Fajita Peppers & Onions
Stewed Black Beans

No Service

3/17-3/21

Spring Break

Action Station
Dessert

PLO Natche Bar with Chipotle Chicken
Cinnamon Chocolate Churros

W

Entrée

Chicken Teriyaki or Sweet Chili Fried Tofu
Vegetable Fried Rice
Kung Pao Broccoli

No Service

3/17-3/21

Spring Break

Action Station
Dessert

Assorted Egg Rolls with Sticky Rice
Fortune Cookies

Th

Entrée

House Made Cinnamon French Toast
Fresh Berry Compote & Maple Syrup
Turkey Sausage Links & Hash Brown Potatoes

No Service

3/17-3/21

Spring Break

Action Station
Dessert

Vietnamese Pork Bao Bun, Sriracha
Mayonnaise & Tangy Slaw
Fresh Dipped Donuts

F

Entrée

All-Beef Hot Dogs, Toppings & Wheat Bun
Beyond Brat
Sweet & Tangy Baked Beans
House Made BBQ Potato Chips
Peas & Carrot Medley

No Service

3/17-3/21

Spring Break

Action Station
Dessert

Thin Crust Cheese Pizza
Cinnamon Sugar Donut Holes

M E N U

Upper School
MARCH 24-28



M Entrée

Penne Pasta with Marinara & Alfredo Sauce
Sliced French Bread
Steamed Broccoli

No Service

3/24-3/28

Spring Break

Action Station Meatballs, Pulled Chicken, Italian Sausage

Dessert Oatmeal Raisin Cookie

T Entrée

Shredded Chicken Tacos
Vegetable & Vegan Chorizo Tacos
Yellow Rice & Refried Beans
Adobo Roasted Seasonal Squash Medley

No Service

3/17-3/21

Spring Break

Action Station Queso Con Carne Bar with Queso Con Carne

Dessert Chocolate Cake with Vanilla Frosting

W Entrée

Grilled Three Cheese Melt
Roasted Red Potatoes
Steamed Green Beans

No Service

3/17-3/21

Spring Break

Action Station Chef Carved Slow Roast Beef, Au Jus, Onion Roll & Horseradish Cream

Dessert M & M Cookies

Th Entrée

Breaded Chicken Tenders
Breaded Cauliflower Tenders
Buttered Corn, Mashed Potatoes with Gravy

No Service

3/17-3/21

Spring Break

Action Station Braised Beef Birria Bao Bun

Dessert Queso Con Carne, Cilantro, Lime

Dessert Blueberry-Vanilla Pudding

F Entrée

Three Cheese Pizza Bagel
Roasted Kielbasa
Sliced French Bread
Glazed Carrots

No Service

3/17-3/21

Spring Break

Action Station Pepponi Pizza

Dessert Rice Krispy Bars

Daily Offerings

Deli Bar

Assortment of Deli Meats & Cheeses
Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

MENU

Upper School
MARCH 31 - April 4



M Entrée

- ★ Grilled Brats, Hot Dogs & Cheddar-Wurst
- ★ Assorted Toppings & Buns
- Warm Pretzels with Cheese Sauce
- Cheese Curds & Buttered Corn

Action Station

Cheddar Cheese Fries

Dessert

Chocolate & Vanilla Ice Cream Cups

T Entrée

- ★ Three Cheese Quesadilla Sour Cream & Salsa
- ★ Spanish Rice & Pinto Beans
- Fajita Peppers, Onions & Corn

Action Station

BYO Nacho Bar – Chorizo Fundido

Dessert

Red Velvet Cake Cream Cheese Frosting

W Entrée

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

Action Station

Chef Carved Turkey Breast, Cranberry Chutney & Cornbread Stuffing

Dessert

Confetti Sugar Cookies

Th Entrée

- Creamy Mac & Cheese
- Parker House Dinner Roll
- Steamed Broccoli

Action Station

Beef Bulgogi BAO Bun
Korean BBQ Sauce & Pickled Slaw

Dessert

Vanilla Pudding – Chocolate Whipped Cream

F Entrée

- ★ Cheese Tortellini – Marinara & Alfredo Sauce
- ★ Three Cheese Semolina Bread
- Buttered Peas & Carrots

Action Station

Margherita Flatbread
Balsamic Syrup & Basil

Dessert

Cinnamon Sugar Donut Holes

Programming

- ★ MLB – opening Day tailgate Menu
- ★ National Sourdough Day
- ★ Lent Special

Daily Offerings

Deli Bar

Assortment of Deli Meats & Cheeses
Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

MENU

Upper School
APRIL 7-11



M Entrée

Cavatappi Pasta
Marinara & Garlic Alfredo Sauce
Warm Asiago Cheese Roll
Steamed Green Beans

Action Station Meatballs, Pulled Chicken, Italian Sausage
Dessert Snickerdoodle Cookies

T Entrée

★ Ground Beef Tacos or
Vegan Chorizo & Tofu Taco
Spanish Rice, Refried beans & Elote Corn

Action Station Chicken Empanada al Pastor
Chimichurri Sauce

Dessert Lemon Bars

W Entrée

Shredded Italian Beef Sandwiches or
Three Cheese Melt
Parmesan-Garlic Tater Tots Fries & Steamed Broccoli

Action Station Chef Carved Smoked Pork Loin,
Pretzel Slider Bun & Honey Mustard Aioli

Dessert Oatmeal Raisin Cookies

Th Entrée

Warm Turkey & Cheddar Melt or
Classic Grilled Cheese
House BBQ Chips & Honey Glazed Carrots

Action Station Shredded Thai Chicken Bao Bun
Tangy Slaw & Sweet Chili Mayonnaise

Dessert Carrot Cake - Cream Cheese Frosting

F Entrée

★ French Bread Pizza
Garlic-Parmesan Bread Sticks
Roasted Cauliflower

Action Station Blue Cheese, Pear & Arugula Flatbread
Rosemary-Honey Drizzle

Dessert Oreo Cookies

Programming

★ National Empanada Day

★ Lent Special

Daily Offerings

Deli Bar

Assortment of Deli Meats &
Cheeses Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut
Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

M E N U

Upper School
APRIL 14-18



M Entrée

- ★ Cheese Ravioli - Marinara & Alfredo Sauce
- ★ Warm Herbed Focaccia Bread
- ★ Steamed Green Beans

Action Station Meatballs, Pulled Chicken, Italian Sausage

Dessert Oatmeal Raisin Cookies

T Entrée

- ★ Shredd Pork Tacos al Pastor or Vegan Chorizo & Tofu Taco
- ★ Spanish Rice & Fajita Peppers & Onions
- ★ Stewed Black Beans

Action Station BYO Nacho Bar with Chipotle Chicken

Dessert Cinnamon Chocolate Churros

W Entrée

- ★ Chicken Teriyaki or Sweet Chili Fried Tofu
- ★ Vegetable Fried Rice
- ★ Kung Pao Broccoli

★ **Action Station** Eggs Benedict Station

Dessert Snickerdoodle Cookies

Th Entrée

- ★ House Made Cinnamon French Toast
- ★ Fresh Berry Compote & Maple Syrup
- ★ Turkey Sausage Links & Hash Brown Potatoes

Action Station Vietnamese Pork Bao Bun
Sriracha Mayonnaise & Tangy Slaw

Dessert Fudge Brownies

F Entrée

- ★ All-Beef Hot Dogs, Toppings & Wheat Bun
- ★ Beyond Brat
- ★ Sweet & Tangy Baked Beans
- ★ House Made BBQ Potato Chips
- ★ Peas & Carrot Medley

Action Station Thin Crust Cheese Pizza

Dessert Cinnamon Sugar Donut Holes

Programming

★ Passover Special
(Mon.-Thur)

★ National Eggs
Benedict Day

Daily Offerings

Deli Bar

Assortment of Deli Meats &
Cheeses Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut
Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

No Service

4/18

Good Friday

M E N U

Upper School
APRIL 21-25



M Entrée

- ★ Penne Pasta with Marinara & Alfredo Sauce
- Sliced French Bread
- Steamed Broccoli

Action Station Meatballs, Pulled Chicken, Italian Sausage

Dessert USM Confetti Cookies

Programming

- ★ National Chickpea Day
- ★ Earth Day
- ★ National Cheesecake Day

Daily Offerings

Deli Bar

Assortment of Deli Meats & Cheeses
Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads.
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS

T Entrée

- ★ Shredded Chicken Tacos
- Vegan Chorizo & Tofu Taco
- Yellow Rice & Refried Beans
- Adobo Roasted Seasonal Squash Medley

Action Station BYO Nacho Bar with Queso Con Carne

Dessert Chocolate Cake with Vanilla Frosting

W Entrée

- ★ Grilled Three Cheese Melt
- Roasted Red Potatoes
- Steamed Green Beans

Action Station Chef Carved Slow Roast Beef Au Jus
Onion Roll & Horseradish Cream

Dessert New York Cheesecake

Th Entrée

- Breaded Chicken Tenders
- Buffalo Cauliflower Tenders
- Buttered Corn, Mashed Potatoes with Gravy

Action Station Braised Beef Birria Bao Bun
Cotija Cheese, Cilantro, Lime

Dessert Chocolate Pudding – Fresh Whipped Cream

F Entrée

- Three Cheese Pizza Bagel
- Roasted Kielbasa
- Sliced French Bread
- Honey Glazed Carrots

Action Station Pepperoni Pizza

Dessert Rice Krispy Bars

MIENNU

Upper School
APRIL 28 – MAY 2



M Entrée

- Cheese Tortellini – Marinara & Alfredo Sauce
- ★ Three Cheese Semolina Bread
- Buttered Peas & Carrots

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

T Entrée

- Three Cheese Quesadilla -Sour Cream & Salsa
- Spanish Rice & Pinto Beans
- Fajita Peppers, Onions & Corn

Action Station BYO Nacho Bar – Chorizo Fundido

Dessert Red Velvet Cake-Cream Cheese Frosting

W Entrée

- Beef Sloppy Joe or Lentil Sloppy Joe
- Roasted Red Potatoes
- Steamed Green Beans

Action Station Chef Carved Turkey Breast
Cranberry Chutney & Cornbread Stuffing

Dessert M & M Cookies

Th Entrée

- Creamy Mac & Cheese
- Parker House Dinner Roll
- Steamed Broccoli

Action Station Beef Bulgogi BAO Bun, Korean BBQ Sauce & Pickled Slaw

Dessert Golden Graham Bars

F Entrée

- Beef Hamburgers or Beyond Burger
- Steak Fries
- Roasted Buffalo Style Cauliflower

Action Station Margherita Flatbread
Balsamic Syrup & Basil

Dessert Cinnamon Sugar Donut Holes

Programming

★ Blueberry Pie Day

Daily Offerings

Deli Bar

Assortment of Deli Meats & Cheeses
Variety of Local Breads
Assorted Toppings

Salad Bar

Seasonal Gourmet Greens
Daily Seasonal Salad Selection
Assortment of Freshly Cut Toppings
Fresh Cut Fruit
Grains & Legumes
House-Made Salad Dressings
House-Made Croutons
Prepared Deli Salads
Assorted Hand Fruit
Flavored Low-Fat Yogurt

Beverages

2% Milk
Chocolate Milk (Mondays & Thursdays)

HANDCUT FOODS