



Lunch Menu

WEEK OF MARCH 16th



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	French Onion	Quinoa Vegetable	Lentil with Spinach and Lemon	(NO HS CLASSES) Quinoa Vegetable	Yellow Split Pea
ENTRÉE	Build Your Own Baked Potato Bar Toppings: Chili, Cheese, Mushrooms, Broccoli, Onion, Impossible Crumble	Flounder Oreganata with Grilled Lemon Sauce	Falafel with Grilled Seasoned Pita and Tatziki Sauce	Penne with Vegetable Bolognese and or Fresh Marinara Sauce	Cheese Pizza Vegetable Pizza
ACCOMPANIMENTS	Sauteed Mixed Greens	Rice and Garbanzo Bean	Mixed Vegetable Cous Cous	Sauteed Vegetable Medley	Crispy Oven Baked Zucchini Sticks
ACCOMPANIMENTS	Sauteed Quinoa with Butternut Squash	Sauteed String and Wax Beans with Garlic and Olive oil	Sauteed Zucchini and Squash	Egg and Cheddar Frittata	Sauteed String Beans
SANDWICH OR WRAP OF THE DAY	Tuna Salad Stuffed Pita Pocket	Tomato and Mozzarella with Pesto on Ciabatta	Grilled Vegetables on a Whole Wheat Wrap	Sunflower Butter and Jelly	Caesar Salad Wraps
Selections Listed Below are Available Daily					
MAKE YOUR OWN <i>Items are Subject to Change Based on Availability</i>	SANDWICH	Ciabatta Roll ▪ Bagels Whole Wheat Bread Rye ▪ Challah Bread Gluten Free Bread Home-style Country Bread	Tuna ▪ Egg Salad ▪ Salmon Salad ▪ Cream Cheese Flavored Cream Cheese ▪ Jellies		
	SALAD	Romaine ▪ Boston Arugula ▪ Escarole Spinach ▪ Kale	CHEESES - Muenster ▪ Swiss ▪ Cheddar ▪ Mozzarella / Condiments		
			Lettuce ▪ Tomato ▪ Pickled Onion ▪ Roasted Vegetables ▪ Carrots ▪ Beans Celery ▪ Cucumbers ▪ Hard Boiled Eggs ▪ Pickles ▪ Peppers ▪ Olives Croutons ▪ Roasted Vegetables ▪ Tofu ▪ Plain Tuna ▪ Beets		
COMPOSED SALADS	FEATURED SALADS	A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad	Balsamic Vinaigrette ▪ Apple Cider Vinaigrette ▪ Caesar Dressing CTY Dressing (citrus - thyme vinaigrette) ▪ Oil and Vinegar		
			<i>Featured Salads are Seasonally Based and Changed Daily</i>		
BEVERAGES and DESSERTS <i>Items are Subject to Change Based on Availability</i>	BEVERAGES		Homemade Aqua Fresca ▪ Flavored Water ▪ Apple Cider Ronnybrook Milk and Chocolate Milk		
	DESSERTS	Sweet Desserts are Offered Once a Week	Fruit Salad ▪ Whole Fruit ▪ Ice Cream ▪ Frozen Fruit Bars Whole Grain Cookies ▪ Fresh Baked Fruit Desserts ▪ Yogurt		