



# MIDDLE AND UPPER SCHOOL LUNCH MENU WEEK OF MARCH 2nd



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS OF THE DAY	Roasted Shallot and Potato or Chicken Couscous	Chickpea and Spinach or Chicken Noodle	Japanese Style Noodle or Chicken Alphabet	Split Pea or Chicken Rice	Curried Carrot or Chicken Vegetable
ENTRÉE	All Beef Hot Dogs Chicken Apple Sausage Bratwurst	Cheese Tortellini with Tomato Sauce	Beef and Broccoli	Mildly Spiced Harissa Chicken Legs or Roasted Lemon Chicken	Build Your Own Sandwich Turkey, Ham Salami, Tuna Salad
ENTRÉE	Veggie Dogs	Roasted Stuffed Delicata Squash	Sweet and Sour Tofu	Chickpea Stew	Muenster Cheese, Cheddar Cheese, Provolone Cheese
ACCOMPANIMENT	Sauerkraut Baked Beans • Stewed Onions	Sautéed Swiss Chard	Baby Bok Choy	Israeli Cous Cous	Hummus, Cumin Spiced Roasted Carrot and Cilantro Wrap
ACCOMPANIMENT	Roasted Sweet Potatoes	Garlic Bread	Vegetable Lo Mein	Sautéed Cabbage	Broccoli
DESSERT	Fresh Fruit	Chloe's Soft Serve Fruit Pops	Fresh Fruit	Fruit Smoothie	Fresh Fruit

ITEMS LISTED BELOW ARE OFFERED DAILY, BASED ON SEASONAL AVAILABILITY

CREATE YOUR OWN	SANDWICH	Brioche Roll • Baguette Whole Wheat Bread White Bread • Gluten Free Bread • Sweet Bread	Turkey • Ham • Salami • Grilled Chicken • Tuna • Egg Salad Cheddar • Provolone • Swiss • Mozzarella
	SALAD	Romaine • Boston Arugula • Escarole Spinach • Kale	Lettuce • Tomato • Pickled Onion • Roasted Vegetables Carrots • Beans • Celery • Cucumbers • Hard Boiled Eggs • Cheeses Balsamic Vinaigrette • Apple Cider Vinaigrette • Caesar Dressing CTY Dressing (Citrus - Thyme Vinaigrette) • Oil and Vinegar
			Apples • Bananas • Fresh Berries • Seasonal Fruits Homemade Granola • Dried Fruits
OATMEAL BAR		Featuring the following options daily: One Protein Salad • One Grain Salad One Vegetable Salad • One Special Green Salad	
COMPOSED SALADS			
BEVERAGES			Homemade Flavored Waters • Infused Water and Agua Fresca • Apple Cider Battenkill Valley Creamery Low Fat and Whole Milk