



# MIDDLE AND UPPER SCHOOL LUNCH MENU WEEK OF MARCH 9th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS OF THE DAY	Broccoli or Chicken Vegetable	Butternut Squash or Chicken Alphabet	Lentil or Chicken Brown Rice	Cream-less of Cauliflower or Chicken Couscous	French Onion or Chicken Noodle
ENTRÉE	Spaghetti with Marinara or Meat Sauce	Roasted Turkey with Gravy	BBQ Chicken Drumsticks	Pepperoni Pizza	Beef Chili
ENTRÉE	Catalan Butter Beans with Spinach and Pepper	Country Fried Portobello Steak	Cauliflower Gratin	Vegetable Pizza	Three Bean Chili
ACCOMPANIMENT	Sautéed Spinach	Roasted Yams	Baked Fries	Cheese Pizza	Rice
ACCOMPANIMENT	Garlic Bread	Sauteed Kale	Roasted Mixed Vegetables		Sauteed Broccoli
DESSERT	Chloe's Soft Serve Fruit Pops	Fresh Fruit	Apple Cider Donuts	Fresh Fruit	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
		OATMEAL BAR	
COMPOSED SALADS			Featuring the following options daily: One Protein Salad ▪ One Grain Salad One Vegetable Salad ▪ One Special Green Salad
BEVERAGES			Homemade Flavored Waters ▪ Infused Water and Agua Fresca ▪ Apple Cider Battenkill Valley Creamery Low Fat and Whole Milk