



LOWER SCHOOL LUNCH MENU

WEEK OF FEBRUARY 24th



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS OF THE DAY		Lentil or Chicken Couscous	Cream-less Zucchini or Chicken Alphabet	White Bean and Escarole or Chicken Rice	Butternut Squash or Chicken Pasta
ENTRÉE	Conference Day	Butternut Squash Macaroni and Cheese	Sloppy Joes on a Potato Roll	Baked Chicken Tenders	Wholegrain Muenster Bagels
ENTRÉE	No Classes	Broccoli Gratin	Chickpea Sloppy Joes	Eggplant Tagine	Vegetable Quiche
ACCOMPANIMENT		Roasted Brussel Sprouts	Oven Baked Fries	Broccoli	Sautéed Spinach
ACCOMPANIMENT			Roasted Tri- Color Cauliflower with Cardamom Honey	Roasted Potatoes	Eggplant Tagine
DESSERT		Chloe's Soft Serve Fruit Pops	Fresh Fruit	Fresh Baked Oatmeal Raisin Cookies	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
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