



MIDDLE AND UPPER SCHOOL LUNCH MENU WEEK OF FEBRUARY 24th



a hands-on approach to fresh food

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

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