

August 26 – August 30

2019



UPPER SCHOOL

ALL MEALS INCLUDE DAILY HOT SOUP, SALAD BAR, SEASONAL FRUIT BAR, PIZZA & DESSERT

Vegetarian Option: Gluten Free Option Available: Produce of the Month:



Produce of the Month: Broccoli

Did you know that humans have been eating broccoli for over 2000 years? We're not surprised! This incredibly nutritious green vegetable is packed with vitamins and fiber, which help support healthy and strong bodies. Even Thomas Jefferson, one of the founding fathers of the United States, was a fan of broccoli. Explore this historical and iconic vegetable this month in salads, soups, and even raw (dipped in ranch dressing, of course).

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
CHEF'S GRILL Roasted Pork Loin Roasted Potatoes	CHEF'S GRILL Grilled Chicken Thighs Mashed Potatoes	CHEF'S GRILL Beef and Broccoli Steamed Rice	CHEF'S GRILL Mediterranean Lamb Stew Naan Bread	CHEF'S GRILL Chef's Choice
VEGGIE CAFÉ Stuffed Portobello Mushrooms Roasted Root Vegetables	VEGGIE CAFÉ Veggie Spring Rolls Fried Rice	VEGGIE CAFÉ Eggplant Napoleon Mashed Potatoes	VEGGIE CAFÉ Curried Chickpeas Steamed Rice Potato Samosa	VEGGIE CAFÉ Chef's Choice
WILD, WILD WINGS <u>Plain Wings Served Daily</u> Sweet Chili Spicy Buffalo	WILD, WILD WINGS Lemon Pepper Spicy Honey Sriracha	WILD, WILD WINGS Teriyaki Spicy Chipotle Lime	WILD, WILD WINGS Garlic Parmesan Spicy Buffalo Honey	WILD, WILD WINGS General Tsao Spicy Moroccan
FARMER'S MARKET Hummus with Pita Caesar Salad	FARMER'S MARKET Caprese Pasta Salad Edamame Salad with Cashews	FARMER'S MARKET Mushroom Medley with Thyme Garden Tuna Salad with Egg	FARMER'S MARKET Cobb Salad Southwestern Corn Salad	FARMER'S MARKET BLT Salad Goat Cheese dip with Ruffles
AUSTIN BLUES BBQ Pulled Pork Baked Potato Vegetarian Chili	AUSTIN BLUES BBQ Cornmeal Crusted Catfish with Remoulade Sauce Hush Puppies	AUSTIN BLUES BBQ BBQ Pork Rib Tips Tangy Coleslaw	AUSTIN BLUES BBQ Fried Chicken Biscuits with Honey Butter	AUSTIN BLUES BBQ Grilled Tri Tip with Blackberry BBQ Sauce Rosemary Roasted Potatoes
CHOWDA HOUSE Clam Chowder in a Bread Bowl	CHOWDA HOUSE Shrimp Cocktail	CHOWDA HOUSE Calamari with Dipping Sauce	CHOWDA HOUSE Lobster Bisque	CHOWDA HOUSE Chef's Choice
TASTE OF ITALY Fettucine Alfredo	TASTE OF ITALY Old Fashioned Marinara	TASTE OF ITALY Macaroni and Cheese	TASTE OF ITALY Ravioli with Marinara	TASTE OF ITALY Chef's Choice
MEXICAN FIESTA Chicken Tinga Bean and Cheese Burritos	MEXICAN FIESTA Pork Carnitas Vegetarian Tostada	MEXICAN FIESTA Pollo Loco Soy Taquitos	MEXICAN FIESTA Turkey Mole Taco Bowl	MEXICAN FIESTA Grilled Fish Tacos Cheese Quesadilla
CONEY ISLAND <u>Beef Hot Dogs Served Daily</u> Mini Hot Dogs Veggie Dogs Potato Wedges	CONEY ISLAND Meatball Sandwiches Veggie Burgers Curly Fries	CONEY ISLAND Chicken Tenders Veggie Tenders Tater Tots	CONEY ISLAND Turkey Corn Dogs Veggie Egg Rolls	CONEY ISLAND Chef's Choice
CREATIVE DELI SPECIAL Fresh Veggies	CREATIVE DELI SPECIAL Egg Salad Tuna Salad	CREATIVE DELI SPECIAL Sushi Day!	CREATIVE DELI SPECIAL Hot Ham and Cheese Croissant	CREATIVE DELI SPECIAL Soy Butter and Jelly