

Lower School Menu | Jan. 7-18, 2019

SANDWICH BAR AVAILABLE DAILY to US & MS: Fresh Sliced Turkey Breast, Pit Ham, Genoa Salami, Italian Pepperoni, Pepper Jack Cheese, Wisconsin Cheddar, Provolone, Wisconsin Colby Jack, Leaf Lettuce, Sliced Tomatoes, Sliced Onions, Fresh Cucumber, Green Pepper, Olives, Pickles, Lite Mayo, Ketchup, Mustard, Horseradish Sauce, BBQ Sauce, Sriracha Chili Sauce

**What's Cooking:
Main Meal**



7

Meatless Monday

Bow Tie Pasta
Roasted Vegetable Marinara
Gluten Free Pasta
Garlic Breadsticks
Roasted Italian Vegetables

8

Build Your Own Taco Bar
Seasoned Ground Turkey
Fish Taco
Cilantro Lime Rice
Tex Mex Black Beans
Stuffed Peppers

9

Sloppy Joe on a WG Bun
Criss Cut Fries
Fresh Roasted California Blend
Vegan Sloppy Joe
Turkey Burger
Spinach/Kale Ravioli

10

Roasted Chicken Dinner
Mashed Potatoes & Gravy
Whole Kernel Corn
Fresh Baked Dinner Roll
Minnesota Sweet Potatoes
Lentil Curry

11

Loaded Baked Potato Bar
Traditional Chili
Roasted Fresh Broccoli
Bacon, Cheese Sauce
Roasted Chicken
Roasted Mixed Vegetables

Veggies & Fruit Bar



Roasted Red Pepper Hummus
Mango Salsa
Citrus Bean Salad
Granny Smith Apples
Bananas
Navel Oranges

Roasted Red Pepper Hummus
Mango Salsa
Citrus Bean Salad
Granny Smith Apples
Bananas
Navel Oranges

Roasted Red Pepper Hummus
Mango Salsa
Swiss Chard, Wheatberry Salad
Braeburn Apples
Bananas
Ruby Red Grapefruit

Kale, Beet w/ Citrus Dressing
Citrus Avocado Salad
Swiss Chard, Wheatberry Salad
Braeburn Apples
Bananas
Ruby Red Grapefruit

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Citrus Avocado Salad
Swiss Chard, Wheatberry Salad
Braeburn Apples
Bananas
Ruby Red Grapefruit

**Sandwich
Special**

Turkey Club Hoagie

Veggie Quesadilla GF

Meatball Sub

Turkey & Swiss Panini

Buffalo Chicken Wrap

Homemade Soups

Chicken Noodle
Tomato

Split Pea
Creamy Chicken Wild Rice

Green Chicken Chili
Chicken Noodle

Potato & Ham Chowder
Chicken Minestrone

Vegan Chili
Garden Vegetable



Italian Ice

**What's Cooking:
Main Meal**



14

Meatless Monday

Baked Italian Lasagna
Garlic Toast
Baked Gluten Free Penne
Ratatouille
Curried Vegetables

15

Pineapple Chicken
Steamed White Rice
Pork Egg Roll
Vegetable Egg Roll
Orange Tofu
Kung Pao Vegetables

16

Philly Cheese Steak Au Jus
Roasted Peppers & Onions
Au Gratin Potatoes
Roasted MN Root Vegetables
Roasted Vegetable Sub
Herbed Polenta

17

Northern Beef Chili
White Chicken Chili
Baking Powder Biscuits
Steamed Brown Rice
Roasted Broccoli & Red Pepper
Vegan Chili

18

Pizza by the Slice
Roasted Italian Green Beans
Gluten Free Available
Caribbean Vegetable Stew
Miso Glazed Salmon
Tomato & Cucumber Salsa

Veggies & Fruit Bar



Asian Quinoa
Mustard Green & Goat Cheese
Marinated MN Beet
Braeburn Apples
Bananas
Ruby Red Grapefruit

Asian Quinoa
Mustard Green & Goat Cheese
Marinated MN Beet
Braeburn Apples
Bananas
Ruby Red Grapefruit

Potato Salad
Mustard Green & Goat Cheese
Marinated MN Beet
Braeburn Apples
Bananas
Ruby Red Grapefruit

Potato Salad
Asparagus Barley
Jicama Salsa
Braeburn Apples
Bananas
Ruby Red Grapefruit

Potato Salad
Asparagus Barley
Jicama Salsa
Braeburn Apples
Bananas
Ruby Red Grapefruit

**Sandwich
Special**

Chicken Salad Croissant

Monte Cristo

Chicken Caesar Wrap

Focaccia Turkey Club

Ham & Swiss Panini

Homemade Soups

Pepper Steak & Vegetable
Chili

Vegan Mushroom Wild Rice
Chicken Gumbo

Greek Chicken
Carrot with Basil

Cabbage & Sausage
Butternut Squash

Black Bean & Chicken
Tortellini w/Spinach



Mousse au Chocolate

(GF) = Gluten Free