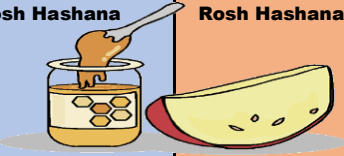
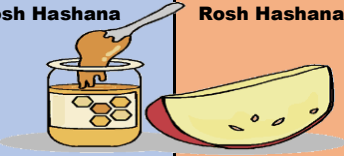

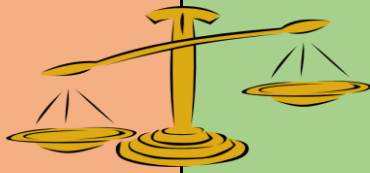
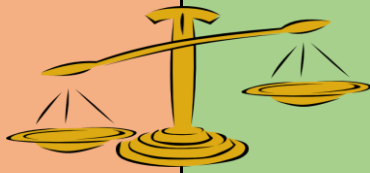




Lower School Lunch Menu September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Oatmeal Waffle's Scrambled Eggs Home Fries Sautéed Mushrooms and Onion's	5 Broccoli and Cheese Soup Breaded Fish Nugget House Made Tatar Sauce Brown Rice Pilaf Honey Glazed Baby Carrot's	6 Tomato Basil Soup Grilled Cheese Sandwich Roasted Vegetable Medley Buttery Pea's	7 "Chicken" Vegetable Soup Cheese Pizza White Pizza Garlicky Steamed Green Bean's
10 Rosh Hashana 	11 Rosh Hashana 	12 Black Bean Soup Vegan Taco's Spanish Rice Fiesta Corn	13 Lentil Soup Baked Mac and Cheese Bean and Vegetable Chili Roasted Broccoli	14 Vegetable Rice Soup Pizza Bagel Margarita Pizza Bagel Sautéed Pepper's and Onion's
17 Mushroom Barley Soup Cheese Tortellini Marinara Sauce Alfredo Sauce Roasted Vegetable Medley	18 Erev Yom Kippur 	19 Yom Kippur 	20 Cream Spinach Soup Cheese Quesadillas Mexican Rice Roasted Corn on the Cob	21 Alphabet Soup Cheese Pizza Pesto French Bread Pizza Roasted Squash
24 Sukkot 	25 Sukkot 	26 Sukkot Egg Drop Soup Vegetable Fried Rice Vegetable Egg Rolls Stir Fried Veg	27 Sukkot Split Pea Soup Bean & Cheese Enchiladas Yellow Rice Roasted Cauliflower	28 Sukkot Three Bean Soup Cheese Pizza BBQ Cheddar Pizza Sautéed Spinach

Available Daily

Bread Display

Assorted Seed Free Mini Bagels

Sliced Whole Wheat Bread

Sliced White Bread

Cream Cheese, Butter, Sliced Cheese, Jelly,

Soy Butter

Salad Bar

May Include

Greens

Romaine, Mesclun, Spinach, Arugula, and/or Iceberg

Vegetables

Cucumbers, Tomatoes, Carrots, Assorted Peppers, Edamame, Celery, Mushrooms, Red Onion, Baby corn, Chick Peas, Black Beans, kidney Beans, Diced Beets, water Chestnuts, Pickles, Olives, and/or Hearts of Palm

Toppings

Croutons, Quinoa, Craisins, Tuna, Hard Boiled Eggs

Dressings

Creamy Italian, Balsamic Vinaigrette, French, Russian, Caesar, Olive Oil, and/or Lemon Juice

Whole Fruit

Apples, Oranges, Bananas, Peaches, and/or Plums
Yogurt

Composed Salad

Daily Chef-Composed Salad

Beverages

2% Milk, Skim Milk, Spa Water

For any allergy or dietary question please email J.Estremera@FiveStarCaterers.com

Lower School Lunch Menu October 2018

Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Vegetable Noodle Soup Baked Fish & Chips Sautéed Green Beans Roasted Corn	4 Black Bean Soup Cheese Quesadillas Spanish Rice Roasted Pepper & Onions	5 Minestrone Soup French Bread Pizza Pesto Pizza Sautéed Mushrooms Tomato, mozzarella &
8 Mushroom Barley Soup Cheese Tortellini Plain Pasta Marinara Sauce Roasted Vegetables	9 Butternut Squash Soup Pancakes Scrambled Eggs Home Fries Steamed Broccoli	10 Alphabet Soup Soy "Chicken" Nuggets Mashed Potatoes Steamed Peas	11 Broccoli & Cheese Soup Wacky Mac & Cheese Ratatouille Roasted Squash	12 Vegetable Rice Soup Pizza Bagel Margarita Pizza Bagel Sautéed Pepper's and Onion's
15 Lentil Soup Cheese Ravioli Plain Pasta Marinara Sauce Roasted Asparagus	16 Oatmeal Chocolate Chip Waffles Scrambled Eggs Roasted Sweet Potatoes Steamed Cauliflower	17 Egg Drop Soup Vegetable Fried Rice Vegetable Egg Rolls Stir Fried Veg	18 "Chicken" Noodle Soup Bean & Cheese Enchiladas Yellow Rice Roasted Corn on the Cob	19 Alphabet Soup Cheese Pizza White Pizza Roasted Squash
22 Split Pea Soup Baked Ziti Plain Pasta Marinara Sauce Glazed Carrots	23 Cream of Wheat French Toast Sticks Scrambled Eggs Home Fries Steamed Broccoli	24 Vegetable Noodle Soup Cheese Soup Breaded Fish Nugget House Made Tatar Sauce Brown Rice Pilaf Honey Glazed Baby Carrot's	25 Tomato Soup Grilled Cheese Potato Wedges Steamed Peas & Carrots	26 Vegan Tortilla Soup French Bread Pizza BBQ Pizza Roasted Vegetable Medley
29 Pasta Faggioli Soup Cheese Lasagna Plain Pasta Marinara Sauce Roasted Eggplant	30 Pumpkin Soup Pancakes Scrambled Eggs Roasted Sweet Potatoes Sautéed Mushrooms	31 Cream Of Corn Soup Three bean Chili Potato Pancakes Roasted Vegetable Medley	Hearty Vegetable Soup Two Cheese Quesadillas Spanish Rice Buttery Corn	

Bread Display
Assorted Seed Free Mini Bagels
Sliced Whole Wheat Bread
Sliced White Bread
Cream Cheese, Butter, Sliced Cheese, Jelly,
Soy Butter

Salad Bar
May Include

Greens
Romaine, Mesclun, Spinach, Arugula, and/or Iceberg

Vegetables
Cucumbers, Tomatoes, Carrots, Assorted Peppers,
Edamame, Celery, Mushrooms, Mushrooms, Red
Onion, Baby corn, Chick Peas, Black Beans, kidney
Beans, Diced Beets, water Chestnuts, Pickles,
Olives, and/or Hearts of Palm

Toppings
Croutons, Quinoa, Craisins, Tuna, Hard Boiled Eggs

Dressings
Creamy Italian, Balsamic Vinaigrette, French,
Russian, Caesar, Olive Oil and/or Lemon Juice

Whole Fruit
Apples, Oranges, Bananas, Peaches, and/or Plums
Yogurt

Composed Salad
Daily Chef-Composed Salad

Beverages
2% Milk, Skim Milk, Spa Water

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Lower School Lunch Menu November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hearty Vegetable Soup Two-Cheese Quesadillas Spanish Rice Buttery Corn	2 Alphabet Soup Cheese Pizza Pesto French Bread Pizza Roasted Squash
5 Cream of Mushroom Soup Fettuccine Alfredo Plain Pasta Marinara Sauce Roasted Vegetables	6 Oatmeal Waffles Scrambled Eggs Home Fries Steamed Broccoli	7 Egg Drop Soup Vegetable Fried Rice Vegetable Egg Rolls Stir Fried Veg	8 Vegan Tortilla Soup Bean & Cheese Enchiladas Yellow Rice Roasted Corn on the Cob	9 Vegetable Orzo Soup Pizza Bagel Margarita Pizza Bagel Sautéed Pepper's and Onion's
12 Split Pea Soup Baked Ziti Plain Pasta Marinara Sauce Glazed Carrots	13 Oatmeal Chocolate Chip Waffles Scrambled Eggs Roasted Sweet Potatoes Steamed Cauliflower	14 Hearty Vegetable Soup Soy "Chicken" Nuggets Brown Rice Steamed Peas	15 Tomato Soup Grilled Cheese Potato Wedges Steamed Peas & Carrots	16 Alphabet Soup Cheese Pizza White Pizza Roasted Squash
19 Pasta Faggioli Soup Cheese Lasagna Plain Pasta Marinara Sauce Roasted Eggplant	20 Cream of Wheat French Toast Sticks Scrambled Eggs Home Fries Steamed Broccoli	21 Vegetable Noodle Soup Cheese Soup Breaded Fish Nugget House Made Tartar Sauce Brown Rice Pilaf Honey Glazed Baby Carrot's	22 Thanksgiving	23 Thanksgiving
26 Lentil Soup Cheese Ravioli Plain Pasta Marinara Sauce Roasted Asparagus	27 Pumpkin Soup Pancakes Scrambled Eggs Roasted Sweet Potatoes Sautéed Mushrooms	28 "Chicken" Noodle Soup Fish Sticks Rice Pilaf Sautéed Green Beans Roasted Corn	29 Broccoli & Cheese Soup Wacky Mac & Cheese Ratatouille Roasted Squash	30 Minestrone Soup French Bread Pizza BBQ Pizza Roasted Vegetable Medley

Available Daily

Bread Display

Assorted Seed Free Mini Bagels
Sliced Whole Wheat Bread
Sliced White Bread
Cream Cheese, Butter, Sliced Cheese, Jelly,
Soy Butter

Salad Bar

May Include

Greens

Romaine, Mesclun, Spinach, Arugula, and/or Iceberg

Vegetables

Cucumbers, Tomatoes, Carrots, Assorted Peppers, Edamame, Celery, Mushrooms, Red Onion, Baby corn, Chick Peas, Black Beans, kidney Beans, Diced Beets, water Chestnuts, Pickles, Olives, and/or Hearts of Palm

Toppings

Croutons, Quinoa, Craisins, Tuna, Hard Boiled Eggs

Dressings

Creamy Italian, Balsamic Vinaigrette, French, Russian, Caesar, Olive Oil, and/or Lemon Juice

Whole Fruit

Apples, Oranges, Bananas, Peaches, and/or Plums
Yogurt

Composed Salad

Daily Chef-Composed Salad

Beverages

2% Milk, Skim Milk, Spa Water

Lower School Lunch Menu December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Split Pea Soup Baked Ziti Plain Pasta Marinara Sauce Glazed Carrots	4 Cream of Wheat French Toast Sticks Scrambled Eggs Home Fries Steamed Broccoli	5 Black Bean Soup Vegan Taco's Spanish Rice Fiesta Corn	6 Tomato Soup Grilled Cheese Potato Wedges Steamed Peas & Carrots	7 Alphabet Soup Cheese Pizza Pesto French Bread Pizza Roasted Squash
10 Potato Cream Soup Fettuccine Alfredo Plain Pasta Marinara Sauce Roasted Vegetables	11 Oatmeal Waffles Scrambled Eggs Home Fries Steamed Broccoli	12 Egg Drop Soup Vegetable Fried Rice Vegetable Egg Rolls Stir Fried Veg	13 Vegan Tortilla Soup Bean & Cheese Enchiladas Yellow Rice Roasted Corn on the Cob	14 Vegetable Orzo Soup Pizza Bagel Margarita Pizza Bagel Sautéed Pepper's and Onion's
17 Lentil Soup Cheese Ravioli Plain Pasta Marinara Sauce Roasted Asparagus	18 Pumpkin Soup Pancakes Scrambled Eggs Roasted Sweet Potatoes Sautéed Mushrooms	19 Hearty Vegetable Soup Soy "Chicken" Nuggets Brown Rice Steamed Peas	20 Tomato Soup Grilled Cheese Potato Wedges Steamed Peas & Carrots	21 Alphabet Soup Cheese Pizza White Pizza Roasted Squash
24 Winter Vacation	25 Winter Vacation	26 Winter Vacation	27 Winter Vacation	28 Winter Vacation
31 Winter Vacation				

Available Daily

Bread Display

Assorted Seed Free Mini Bagels

Sliced Whole Wheat Bread

Sliced White Bread

Cream Cheese, Butter, Sliced Cheese, Jelly,
Soy Butter

Salad Bar

May Include

Greens

Romaine, Mesclun, Spinach, Arugula, and/or Iceberg

Vegetables

Cucumbers, Tomatoes, Carrots, Assorted Peppers,
Edamame, Celery, Mushrooms, Mushrooms, Red
Onion, Baby corn, Chick Peas, Black Beans, kidney
Beans, Diced Beets, water Chestnuts, Pickles,
Olives, and/or Hearts of Palm

Toppings

Croutons, Quinoa, Craisins, Tuna, Hard Boiled Eggs

Dressings

Creamy Italian, Balsamic Vinaigrette, French,
Russian, Caesar, Olive Oil, and/or Lemon Juice

Whole Fruit

Apples, Oranges, Bananas, Peaches, and/or Plums
Yogurt

Composed Salad

Daily Chef-Composed Salad

Beverages

2% Milk, Skim Milk, Spa Water

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