

Lower School June

Monday	Tuesday	Wednesday	Thursday	Friday
3 Lentil Soup Cheese Ravioli Plain Pasta Marinara Sauce Roasted Asparagus	4 Cream of Wheat Pancakes Scrambled Eggs Roasted Sweet Potatoes Sautéed Mushrooms	5 Egg Drop Soup Vegetable Fried Rice Veggie Lo-mien Roasted Garlic Broccoli	6 Broccoli & Cheese Soup Wacky Mac & Cheese Ratatouille Roasted Squash	7 Alphabet Soup Cheese Pizza Pesto French Bread Pizza Roasted Squash
10	11 Oatmeal Waffles Scrambled Eggs Home Fries Steamed Broccoli	12 Vegetable Noodle Soup Baked Fish & Chips Sautéed Green Beans Roasted Corn	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 Split Pea Soup Baked Ziti Plain Pasta Marinara Sauce Glazed Carrots	18 Oatmeal Chocolate Chip Waffles Scrambled Eggs Roasted Sweet Potatoes Steamed Cauliflower	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 Pasta Faggioli Soup Cheese Lasagna Plain Pasta Marinara Sauce Roasted Eggplant	25 Cream of Wheat French Toast Sticks Scrambled Eggs Home Fries Steamed Broccoli	26 Vegetable Noodle Soup Cheese Soup Breaded Fish Nugget House Made Tartar Sauce Brown Rice Pilaf Honey Glazed Baby Carrots	27 Hearty Vegetable Soup Two-Cheese Quesadillas Spanish Rice Buttery Corn	28 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, and 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 Salads

Beverages

2% Milk, Skim Milk, Spa Water