

# Lower School June

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Lentil Soup Cheese Ravioli Plain Pasta Marinara Sauce Roasted Asparagus	<b>4</b> Cream of Wheat Pancakes Scrambled Eggs Roasted Sweet Potatoes Sautéed Mushrooms	<b>5</b> Egg Drop Soup Vegetable Fried Rice Veggie Lo-mien Roasted Garlic Broccoli	<b>6</b> Broccoli & Cheese Soup Wacky Mac & Cheese Ratatouille Roasted Squash	<b>7</b> Alphabet Soup Cheese Pizza Pesto French Bread Pizza Roasted Squash
<b>10</b>	<b>11</b> Oatmeal Waffles Scrambled Eggs Home Fries Steamed Broccoli	<b>12</b> Vegetable Noodle Soup Baked Fish & Chips Sautéed Green Beans Roasted Corn	<b>13</b> Vegan Tortilla Soup Bean & Cheese Enchiladas Yellow Rice Roasted Corn on the Cob	<b>14</b> Vegetable Orzo Soup Pizza Bagel Margarita Pizza Bagel Sautéed Peppers and Onions
<b>17</b> Split Pea Soup Baked Ziti Plain Pasta Marinara Sauce Glazed Carrots	<b>18</b> Oatmeal Chocolate Chip Waffles Scrambled Eggs Roasted Sweet Potatoes Steamed Cauliflower	<b>19</b> Hearty Vegetable Soup Soy "Chicken" Nuggets Brown Rice Steamed Peas	<b>20</b> Tomato Soup Grilled Cheese Potato Wedges Steamed Peas & Carrots	<b>21</b> Alphabet Soup Cheese Pizza White Pizza Roasted Squash
<b>24</b> Pasta Faggioli Soup Cheese Lasagna Plain Pasta Marinara Sauce Roasted Eggplant	<b>25</b> Cream of Wheat French Toast Sticks Scrambled Eggs Home Fries Steamed Broccoli	<b>26</b> Vegetable Noodle Soup Cheese Soup Breaded Fish Nugget House Made Tartar Sauce Brown Rice Pilaf Honey Glazed Baby Carrots	<b>27</b> Hearty Vegetable Soup Two-Cheese Quesadillas Spanish Rice Buttery Corn	<b>28</b> 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