

Lower School May

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 Minestrone Soup Pizza Bagel White Pizza Sautéed Mushrooms Tomato, mozzarella &
6 Mushroom Barley Soup Cheese Tortellini Plain Pasta Marinara Sauce Roasted Vegetables	7 Oatmeal Pancakes Scrambled Eggs Home Fries Steamed Broccoli	8 Alphabet Soup Soy "Chicken" Nuggets Mashed Potatoes Steamed Peas	9 Broccoli & Cheese Soup Wacky Mac & Cheese Ratatouille Roasted Squash	10 Alphabet Soup Cheese Pizza White Pizza Roasted Squash
13 Split Pea Soup Baked Ziti Plain Pasta Marinara Sauce Glazed Carrots	14 Cream of Wheat French Toast Sticks Scrambled Eggs Home Fries Steamed Broccoli	15 "Chicken" Noodle Soup Fish Sticks Rice Pilaf Sautéed Green Beans Roasted Corn	16 "Chicken" Noodle Soup Bean & Cheese Enchiladas Yellow Rice Roasted Corn on the Cob	17 Vegan Tortilla Soup Pizza Bagel Veggie Pizza Roasted Vegetable Medley
20 Cream of Mushroom Soup Fettuccine Alfredo Plain Pasta Marinara Sauce Roasted Vegetables	21 Oatmeal Waffles Scrambled Eggs Home Fries Steamed Broccoli	22 Egg Drop Soup Vegetable Fried Rice Vegetable Lo-Mein Steamed Green Beans	23 "Chicken" Noodle Soup Bean & Cheese Enchiladas Yellow Rice Roasted Corn on the Cob	24 Vegetable Orzo Soup Cheese Pizza White Pizza Roasted Squash
27	28 Oatmeal Pancakes Scrambled Eggs Roasted Sweet Potatoes Sautéed Mushrooms	29 Cream Of Corn Soup Three bean Chili Potato Pancakes Roasted Vegetable Medley	30 Black Bean Soup Cheese Quesadillas Spanish Rice Roasted Pepper & Onions	31 Vegan Tortilla Soup Pizza Bagel Veggie 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

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