

PARK TUDOR

AUGUST
2018



COMFORT ZONE
(LOWERSCHOOL MEAL OPTION)

GRILL WORKS

INDI PIZZA – HOT SUBS – FLAT BREADS

SHOWTHYME

VEGETARIAN OPTION

NO FRY FRIDAYS – No Fried Items

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8/13

8/14

Cheese Ravioli w/ Tomato Sauce
Garlic Bread Stick
Steamed Broccoli Florets
Fresh Watermelon Wedge
Bean Burger
Indi Pizza
Welcome Back Picnic

8/15

Three Cheese Pizza
Green Beans
Mandarin Orange Pieces
Provolone Burger
Gotham Hero
Broth Bowls
Tamari Ginger Broth – Rice Noodles –

8/16

Oven Roasted Chicken
Mashed Potatoes & Gravy
Mixed Vegetables
Trader's Point Yogurt
Cheddar Burger
Indi Pizza
Calzones –
Cheese and Sausage & Cheese

8/17

Beef Tacos w/ Lettuce & Cheese
Vegetarian Refried Bean Taco
Arros Rojo, **Corn on the Cobb**
Sugar Cookie
Swiss Burger
Indi Pizza
Kalamata's
Greek Inspired Street Foods

8/20

Hamburger on Whole Wheat Bun
Vegetarian Black Bean Burger
French Fries
Gingered Carrots
Pear Slices
Double Cheeseburger
BBQ Chicken Flatbread
Breakfast Bar

8/21

Macaroni & Cheese
Seasoned Tilapia
Peas, Whole Wheat Dinner Roll
Traders Point Organic yogurt
Cheddar Burger
Indi Pizza
Taco Fusion
Koji Taco, Fish Taco, Jack

8/22

Homemade Meat Lasagna
Homemade Vegetable Lasagna
Kale Caesar Salad
Bread Stick, **Roasted Zucchini**
Peach Slices
Pepper Cheeseburger
Turkey Bacon Cheddar Club
Caesar Salad Bar w/ Chicken

8/23

Baked Chicken Sandwich on
Whole Wheat Bun
Roasted Fingerling Potatoes
Buttered Corn
Chocolate Pudding
Black Bean Burger
Indi Pizza
Via Piada – Italian Street Food

8/24

Cheese Quesadillas
Arroz Blanco
Steamed Broccoli Spears
Birthday Cupcakes
Bacon Cheeseburger
Indi Pizza
Trends
Gluten Free – Local – Organic

8/27

Chicken Bites Teriyaki
Confetti Rice
Fresh Green Beans
Vanilla Pudding
Provolone Burger
Buffalo Chicken Flatbread
Nacho Bar w/ Queso Blanco

8/28

Fresh Roasted Turkey Breast
Manhattans, Wheat Bread
Mashed Potatoes & Gravy
Mixed Vegetables
Mandarin Orange Pieces
Black Bean Burger
Indi Pizza
Burger Fusion w/ Kettle Chips

8/29

Pizza Margherita w/ **Fresh Roma**
Tomatoes
Tossed Salad, Corn
Traders Point Organic Yogurt
Swiss Burger
Philly Cheese Steak
BBQ Bar
Pulled Pork – Pulled Chicken

8/30

Whole Wheat Pancakes
Sausage Links
Hash Browns
In Season Sliced Honeydew
Cheddar Burger
Indi Pizza
Wasabi – Oriental Street Foods

8/31

Spaghetti w/ Marinara Sauce
Meatballs, Steamed Carrots
Garlic Breadstick, Ice Cream
Bacon Cheeseburger
Indi Pizza
Power Bowls
Quinoa & brown Rice Blend

SEASONAL EATING

In Season Vegetables

Also available at Lower School
lunch: Sun butter & Jelly
Sandwich, Salad Bar, Sliced
Whole Fresh Fruit, Rotating Deli
Sandwich

Also available at MS and US lunch:
Made from Scratch Soup, Fresh
Fruit, French Fries*, Fried Chicken
Patty Sandwich*, Hummus,
Condiment Bar, Frozen Soft Serve
Ice Cream

*except on Fridays