

PARK TUDOR

DECEMBER
2018



COMFORT ZONE
(LOWERSCHOOL MEAL OPTION)

GRILL WORKS

INDI PIZZA – HOT SUBS – FLAT BREADS

SHOWTHYME

VEGETARIAN OPTION

NO FRY FRIDAYS – No Fried Items

MONDAY

12/3

Turkey Dog
Sweet Potato Fries
Celery Stick w/ Hummus
Applesauce
[Bacon Cheeseburger](#)
[Spicy Shrimp Flatbread](#)
Rotini Pasta Bar w/
Meat and Marinara Sauce

TUESDAY

12/4

Cheese Ravioli w/ Tomato Sauce
Garlic Bread Stick
Steamed Broccoli Florets
Fresh Cantaloupe Slice
[Bean Burger](#)
[Indi Pizza](#)
[Mashed Potato Bar](#)

WEDNESDAY

12/5

Three Cheese Pizza
[Fresh Roasted Green Beans](#)
Mandarin Orange Pieces
[Provolone Burger](#)
[Gotham Hero](#)
Broth Bowls
Tamari Ginger Broth - Rice
Noodles -

THURSDAY

12/6

Oven Roasted Chicken
Mashed Potatoes & Gravy
[Peas w/ Mushrooms](#)
Trader's Point Yogurt
[Cheddar Burger](#)
[Indi Pizza](#)
Calzones –
[Cheese and Sausage & Cheese](#)

FRIDAY

12/7

Beef Tacos w/ Lettuce & Cheese
Vegetarian Refried Bean Taco
Arros Rojo, [Aztec Corn](#)
Birthday Cupcakes
[Swiss Burger](#)
[Indi Pizza](#)
[Kalamatas](#)
Greek Inspired Street Foods

12/10

Hamburger on Whole Wheat Bun
Vegetarian Black Bean Burger
French Fries
[Gingered Carrots](#), Pear Slices
[Double Cheeseburger](#)
[BBQ Chicken Flatbread](#)
[Breakfast Bar](#)

12/11

Scratch Made Macaroni & Cheese, Lemon Pepper Tilapia,
[Lima Beans](#), Wheat Roll
Traders Point Organic yogurt
[Cheddar Burger](#)
[Indi Pizza](#)
Taco Fusion
Koji Taco, Fish Taco, Jack

12/12

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](#)

12/13

HOLIDAY BUFFET
Fried Chicken
Au Gratin Potatoes
Green Beans w/ Radishes
Sugar Cookies
Wheat Roll
[Black Bean Burger](#)

12/14

Cheese Quesadillas
Arroz Blanco
[Steamed Broccoli Spears](#)
Italian Ice
[Bacon Cheese Burger](#)
[Indi Pizza](#)
Trends
Gluten Free - Local - Organic

12/17

Chicken Bites Teriyaki
Confetti Rice
[Grilled Fresh Green Beans](#)
Vanilla Pudding
[Provolone Burger](#)
[Buffalo Chicken Flatbread](#)
Chef's Choice

12/18

Fresh Roasted Turkey Breast
Manhattans, Wheat Bread
Mashed Potatoes & Gravy
[Roasted Root Veg Medley](#)
Mandarin Orange Pieces
[Black Bean Burger](#)
[Indi Pizza](#)
Chef's Choice

12/19

Pizza Margherita w/ [Fresh Roma](#)
[Tomatoes](#), Tossed Salad
[Balsamic Roasted Cauliflower](#)
Traders Point Organic Yogurt
Swiss Burger

12/20

Chef's Choice

12/21

HOLIDAY BREAK

12/24

HOLIDAY BREAK

12/25

HOLIDAY BREAK

12/26

HOLIDAY BREAK

12/27

HOLIDAY BREAK

12/28

HOLIDAY BREAK

12/31

HOLIDAY BREAK

SEASON'S HARVEST

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*, Full Service Deli, Hummus, Condiment Bar, Frozen Soft Serve Yogurt.

*except on Fridays