#### **UPPER SCHOOL MENU**



Dates: 4/12/21 - 4/16/21

**Monday** 

Item Name	Allergens
Spaghetti & Meatballs	Eggs, Milk, Soybeans, Wheat
Steamed Broccoli	
Garlic Breadsticks	Eggs, Milk, Wheat
Spaghetti Marinara	Wheat
BLT Wrap	Wheat
Cheeseburger	Wheat, Milk
French Fries	
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Honey Mustard Ham Sandwich	Eggs, Milk, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
BLT Avocado Salad	
Vegetable Cup	
Fresh Fruit Cup	

Tuesday

Item Name	Allergens
Eggroll - Veggie	Egg,Soybeans, Wheat
Chicken Teriyaki	
Fried Rice	Soybean
Stir Fry Vegetables	Soybean
Tater Tots	
Cheeseburger	Milk, Soybeans, Wheat
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Honey Mustard Ham Sandwich	Eggs, Milk, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
BLT Avocado Salad	
Vegetable Cup	
Fresh Fruit Cup	

Wednesday

Item Name	Allergens
Chicken Tenders	Eggs, Milk, Wheat

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Seasoned Green Beans	
Homemade Mashed Potatoes	Milk
Greek Gyro Sandwich	Milk, Soybeans, Wheat
Chickpea Croquettes	Eggs
Bacon Cheeseburger	Milk, Soybeans, Wheat
Seasoned Crinkle Fries	
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Honey Mustard Ham Sandwich	Eggs, Milk, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
BLT Avocado Salad	
Vegetable Cup	
Fresh Fruit Cup	

# Thursday

Item Name	Allergens
Pepperoni Calzone	Milk, Soybeans, Wheat
Cheese Calzone	Milk, Soybeans, Wheat
Steamed Corn	
Homemade Marinara Sauce	
Sweet & Sour Tofu	
Seasoned Crinkle Fries	
Grilled Chicken Breast	
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Honey Mustard Ham Sandwich	Eggs, Milk, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat
Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
BLT Avocado Salad	
Vegetable Cup	
Fresh Fruit Cup	

## Friday

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Item Name	Allergens
Chicken Parmesan	Milk, Wheat
Rotini Marinara	Wheat
Steamed Carrots	
Hot Ham & Cheese Sandwich	Milk, Egg, Wheat
BBQ Roasted Tofu	Soybeans
Potato Chips	
Turkey & Cheese Sub	Milk, Soybeans, Wheat
Honey Mustard Ham Sandwich	Eggs, Milk, Wheat
Red Pepper Hummus Pita	Soybeans, Wheat

### **UPPER SCHOOL MENU**



Non-Gluten Turkey & Cheese	Milk
Chef's Salad	Eggs, Milk
Garden Salad	
BLT Avocado Salad	
Vegetable Cup	
Fruit Cup	