

PARK TUDOR

OCTOBER
2018



COMFORT ZONE
(LOWERSCHOOL MEAL OPTION)

GRILL WORKS

INDI PIZZA – HOT SUBS – FLAT BREADS

SHOWTHYME

VEGETARIAN OPTION

NO FRY FRIDAYS – No Fried Items

MONDAY

10/1

Shells & Cheese w/ Scratch Made Sauce
Celery Sticks w/ Ranch Dip Green Beans, Wheat Rolls, Applesauce
Bleu Cheese Burger
Greek Flatbread
Slider Bar w/ Rib Patty – Buffalo
Chicken – BBQ Jack Fruit – Pulled

TUESDAY

10/2

Sloppy Joe
Vegetarian Sloppy Joe, Peas
Kale Chips
Traders Point Organic Yogurt
Cheddar Burger
Indi Pizza
Hala Penos'

WEDNESDAY

10/3

Club Sub w/ Lettuce and Tomatoes
Chili
Kohlrabi Apple Salad
Italian Ice
Bacon Cheese Burger
Panini
Pasta Pronto Bar w/ Alfredo Sauce

THURSDAY

10/4

Tomato Soup
Grilled Cheese on Whole Wheat
Carrots
Tater Tots, Pineapple Chunks
Bean Burger
Indi Pizza
Cookout on the Patio

FRIDAY

10/5

Burrito Bowl
Chocolate Chip Cookies
Hot Pepper Cheeseburger
Indi Pizza
Pyramid Builder Bar w/
Brown Rice, fresh Vegetables,
Pulled Chicken, Pulled Pork,
Stir Fry Sauce

10/8

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

10/9

Cheese Ravioli w/ Tomato Sauce
Garlic Bread Stick
Roasted Golden Beets
Sliced In Season Cantaloupe
Bean Burger
Indi Pizza
Burger Fusion w/ Kettle Chips

10/10

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

10/11

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

10/12

Beef Tacos w/ Lettuce & Cheese
Vegetarian Refried Bean Taco
Arros Rojo, Corn
Sugar Cookies
Swiss Burger
Indi Pizza
Kalamatas
Greek Inspired Street Foods

10/15

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

10/16

CONFERENCE DAY

Scratch Made Macaroni & Cheese
Seasoned Tilapia
Peas, Whole Wheat Dinner Roll

10/17

CONFERENCE DAY

Homemade Meat Lasagna
Homemade Vegetable Lasagna
Kale Caesar! Salad
Bread Stick, **Sautéed Broccoli**
Rabe

10/18

FALL
BREAK

10/19

FALL
BREAK

10/22

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

10/23

OKTOBERFEST

Bratwurst on Bun
Pretzel Nuggets
Braised Red Cabbage w/ Apples
Black Forest Cake
Cheddar Burger
Indi Pizza
Soft Pretzel Toppings Bar

10/24

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

10/25

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

10/26

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

10/29

Shells & Cheese w/ Scratch Made Sauce
Celery Sticks w/ Ranch Dip Green Beans, Wheat Rolls, Applesauce
Bleu Cheese Burger
Greek Flatbread
Slider Bar w/ Sloppy Joe – Buffalo
Chicken – BBQ Jack Fruit – Pulled Pork

10/30

Club Sub w/ Lettuce and Tomatoes
Chili
Super Foods Slaw
Italian Ice
Cheddar Burger
Indi Pizza
Hala Penos'

10/31

Hamburger on Bun
Vegetarian Bean Burger, Peas
Kale Chips
Traders Point Organic Yogurt
Double Cheeseburger
Panini
Pasta Pronto Bar w/ Alfredo Sauce

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