

**Upper School Lunch MENU – SPIRIT WEEK!!!! 1/30- 2/3**

**Monday- IRELAND**

Sloppy Joe  
Mashed Potatoes  
Veggie Burger  
Irish Potato *Bar*

**Tuesday- CHINA**

Chicken Lo Mein  
Fried Rice  
Turkey Burger  
Asian *Bar*

**Wednesday- GREECE**

Moussaka  
Spanakopita  
Spinach and Feta Quiche  
Pita *Bar*

**Thursday- ITALY**

Spaghetti and Meatballs  
Chicken Marsala  
Eggs Benedict  
Italian Bread *Bar*

**Friday- MEXICO**

Spicy Chicken  
Mexicali Rice  
Fish Fillet and Special Salad *Bar*

**Daily Alternatives:**

Baked Chicken Breast  
Panini *Bar*  
Salad *Bar*  
Specialty *Bar*  
Vegetable du Jour  
Fresh Seasonal Fruit and Vegetables  
Soup du Jour  
Cheese Nachos  
Assorted Cereals  
Yogurt  
Chips and Snacks  
Dessert *Bar*  
Soft Serve Ice Cream  
Fruit Juice, Milk  
Diet Soft Drinks  
Lemonade  
Cappuccino, Coffee and Tea

## Montessori Lunch Menu – 1/30- 2/3

### Monday

Mini Sloppy Joe  
Mashed Potatoes

### Tuesday

Fish Nuggets  
Rice

### Wednesday

Hot Dogs  
Baked Beans

### Thursday

Meatballs  
Noodles

### Friday

Chicken Nuggets  
New Potatoes

### Daily Alternatives:

Vegetable du Jour  
Baked Chicken Breast  
Bagels, Cream Cheese, Jelly  
Fresh Seasonal Fruit and Vegetables  
Assorted Cheeses  
Pickles and Condiments  
Assorted Green Salads  
Yogurt  
Dessert du Jour  
Fruit Juice, 1% Chocolate & 0% Skim Milk