

# MIDDLE & UPPER SCHOOL LUNCH MENU

**OCTOBER 23-27, 2017**

## **Monday**

Ham, Turkey and Cheese Spinach Wraps  
Turkey melt with Provolone Cheese  
Pasta Chicken Alfredo & Sundry Tomato  
French Baguette  
Roasted Vegetable  
Goopy Cinnamon Rolls

## **Tuesday**

Tuna Salad on Soft Bun  
Cheese Pizza with Sweet Marinara Sauce  
Beef bourguignon  
White Steamed Rice  
Fresh Market Carrots  
French Onion Soup

## **Wednesday**

Build Your Own Sandwich  
French Fries  
Roasted Porkloin with Apple Chatney  
Parmesan Potato  
Roasted Brussels Sprouts  
Viva La France Chocolate Cake

## **Thursday**

French Chicken Sandwich  
Pepperoni Pizza  
Chicken Parmesan  
Potatoes au Gratin  
Fresh Crispy Greenbeans  
Broccoli Swiss Quiche

## **Friday**

French Briosh Roll Slider  
Cheese Quesadilla  
Baked Herbed Fish  
Baked Potato  
Ratatouille  
French Cream Puffs

## **Also available**

Fresh salad bar daily  
Oven-fresh pizza (Tuesdays and Thursdays)  
House-made desert (Mondays, Wednesdays, and Fridays)

# LOWER SCHOOL LUNCH MENU

**OCTOBER 23-27, 2017**

**Monday**

Chicken Alfredo Pasta  
French Baguette  
Sauteed Vegetables

**Tuesday**

Beef in Gravy  
Buttered Noodles  
Glazed Carrots

**Wednesday**

Roasted Pork  
Parmesan Potatoes  
Broccoli  
Viva La France Chocolate Cake

**Thursday**

Chicken Parmesan  
Potatoes Au Gratin  
Green Beans

**Friday**

Fish Sticks with Tartar Sauce  
Roasted Red Potatoes  
Sweet Peas  
French Cream Puffs

**Also available**

Fresh mixed lettuce and condiments daily  
Build-Your-Own-Sandwich daily (turkey, ham, sun-butter and jelly)  
House-made desert (Mondays, Wednesdays, and Fridays)

# TODDLER & MONTESSORI

## LUNCH MENU

OCTOBER 23-27, 2017

**Monday**

Chicken Alfredo pasta  
French Baguette  
Sauteed Vegetables  
Snack: Sliced apples; graham crackers

**Tuesday**

Beef in Gravy  
Buttered Noodles  
Glazed Carrots  
Snacks: Cheerios; mandarin orange segments

**Wednesday**

Roasted Pork  
Pamesan Potatoes  
Broccoli  
Viva La France Chocolate Cake  
Snack: Gogurt; celery with sun-butter

**Thursday**

Chicken Parm  
Potatoes Au Gratin  
Green Beans  
Snack: Fruit Cocktail; Famous Amos cookies

**Friday**

Fish Sticks with Tartar Sauce  
Red Potato  
Sweet Peas  
French Cream Puffs  
Snack: Animal Crackers; Goldfish crackers