

Monday 09/05

Tuesday 09/06

Wednesday 09/07

Thursday 09/08

Friday 09/09

Lunch



Hot Meal

- Chicken Souvlaki
- Steamed Broccoli
- Lemon-Garlic Spinach
- Roasted Greek Potatoes
- ● ● No Drinks with Meal.

Please bring own water bottle

Paquito's

Hot Meal

Cuisine From Mexico

- Beef Soft Tacos
- Calabacitas
- Mexican Street Corn
- Sautéed Green Beans

Hot Meal

- Giniling na Baboy (Filipino Stir-Fried Ground Pork)
- Apple Cider-Braised Vegetables
- Steamed Peas
- Filipino Java Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Hot Meal

- Spaghetti and Meatballs
- Spaghetti with Marinara
- Roasted Vegetable Medley
- Steamed Carrots
- Whole Wheat Rolls

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Steamed Broccoli
- Lemon-Garlic Spinach
- Roasted Greek Potatoes
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Sautéed Green Beans
- Mexican Street Corn
- Mexican Rice with Fresh Tomatoes
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Apple Cider-Braised Vegetables
- Steamed Peas
- Filipino Java Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Roasted Vegetable Medley
- Steamed Carrots
- Whole Wheat Rolls
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Greek Lentil Salad
- Steamed Broccoli
- Lemon-Garlic Spinach
- Roasted Greek Potatoes
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Calabacitas
- Mexican Street Corn
- Sautéed Green Beans
- Mexican Rice with Fresh Tomatoes
- Flour Tortillas (6 inch)
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Adodong Sitaw with Tofu (Adobo Tofu) (GF)
- Apple Cider-Braised Vegetables
- Steamed Peas
- Filipino Java Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Spaghetti with Marinara
- Roasted Vegetable Medley
- Steamed Carrots
- Whole Wheat Rolls
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- Grilled Lemon-Pepper Chicken Breast
- Steamed Broccoli
- Sautéed Spinach with Shallots
- Roasted Greek Potatoes
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- Herbed Baked Chicken Thighs
- Sautéed Green Beans
- Steamed Corn
- Mexican Rice with Fresh Tomatoes
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- Lemon Thyme Chicken
- Apple Cider-Braised Vegetables
- Steamed Peas
- White Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- Pasta with Marinara (GF)
- Roasted Vegetable Medley
- Steamed Carrots
- ● ● No Drinks with Meal.

Please bring own water bottle



Monday 09/12

Tuesday 09/13

Wednesday 09/14

Thursday 09/15

Friday 09/16

Lunch



Hot Meal

- Honey-Glazed Curry Chicken
- Citrus-Herb Roasted Vegetables
- Blanched Spinach
- Coconut Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Pacific Thyme

Hot Meal

Cuisine From Korea

- Bulgogi (Korean BBQ Beef) (GF)
- Korean Spinach
- Korean Street Corn
- Kimchi

Hot Meal

- Baked BBQ Chicken Thighs
- Garlic-Roasted Carrots
- Steamed Bok Choy
- Hand-Cut Okonomoyaki Fries
- ● ● No Drinks with Meal.

Please bring own water bottle

Hot Meal

- Jamaican Jerk Pork Loin (GF)
- Jamaican Ital Vegetables
- Sautéed Jamaican Cabbage
- Red Beans and Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Hot Meal

- Whole Wheat Pasta with Meat Sauce and Broccoli Rabe
- Cheese and Broccoli Quinoa
- Roasted Beets
- Steamed Peas
- Garlic Dinner Rolls



Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Citrus-Herb Roasted Vegetables
- Blanched Spinach
- Coconut Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Korean Spinach
- Korean Street Corn
- Goguma-Bap (Korean Sweet Potato Rice)
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Garlic-Roasted Carrots
- Steamed Bok Choy
- Hand-Cut Okonomoyaki Fries
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Jamaican Ital Vegetables
- Sautéed Jamaican Cabbage
- Red Beans and Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
- Roasted Beets
- Steamed Peas
- Garlic Dinner Rolls
- ● ● No Drinks with Meal.

Please bring own water bottle



Vegetarian Meal

- Coconut Curry Chickpeas
- Citrus-Herb Roasted Vegetables
- Blanched Spinach
- Coconut Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Dubu Buchim Yangnyeomjang (Spicy Pan-Fried Tofu) (GF)
- Korean Spinach
- Korean Street Corn
- Goguma-Bap (Korean Sweet Potato Rice)
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Bean and Vegetable Cassoulet
- Garlic-Roasted Carrots
- Steamed Bok Choy
- Hand-Cut Okonomoyaki Fries
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Jamaican Coconut Curry Tofu
- Jamaican Ital Vegetables
- Sautéed Jamaican Cabbage
- Red Beans and Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Vegetarian Meal

- Cheese and Broccoli Quinoa
- Roasted Beets
- Steamed Peas
- Garlic Dinner Rolls
- ● ● No Drinks with Meal.

Please bring own water bottle



Top Allergen-Free Meal

- Grilled Chicken Breast
- Blanched Spinach
- Steamed Basmati Rice
- Roasted Broccoli
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- House-Roasted Barbecue Beef
- Sautéed Spinach
- Steamed Corn
- Sticky Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- BBQ Chicken Breasts
- Garlic-Roasted Carrots
- Steamed Bok Choy
- Roasted Ranch Potato Wedges
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- Tarragon Beef Tips
- Sautéed Jamaican Cabbage
- Steamed Cauliflower
- Red Beans and Rice
- ● ● No Drinks with Meal.

Please bring own water bottle

Top Allergen-Free Meal

- Pasta with Marinara (GF)
- Roasted Beets
- Steamed Peas
- ● ● No Drinks with Meal.

Please bring own water bottle



Monday 09/19

Tuesday 09/20

Wednesday 09/21

Thursday 09/22

Friday 09/23

Lunch



Hot Meal

- Creamy Beef and Shells Casserole
 - Balsamic-Roasted Summer Vegetables
 - Steamed Broccoli
 - Whole Wheat Rolls
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Hot Meal

- Mediterranean Grilled Chicken
- Tofu Parm with Marinara (GF)
- Brussels Sprouts and Peppers
- Steamed Edamame
- Jasmine Rice

Pacific Thyme

Hot Meal

- Cantonese Cuisine From China
- Char Siu (Chinese Roast Pork)
- Garlic-Ginger Bok Choy
- Steamed Sugar Snap Peas
- Sticky Rice

Hot Meal

- Butter Chicken
- Roasted Cauliflower
- Broccoli with Sautéed Tomatoes
- Naan
- Steamed White Rice

FreeStyle

Hot Meal

- Braised Beef Pizzaiola
 - Sautéed Spinach with Shallots
 - Roasted Cauliflower
 - Roasted Red Potatoes
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Balsamic-Roasted Summer Vegetables
 - Steamed Broccoli
 - Whole Wheat Rolls
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Brussels Sprouts and Peppers
 - Steamed Edamame
 - Jasmine Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Garlic-Ginger Bok Choy
 - Steamed Sugar Snap Peas
 - Sticky Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Roasted Cauliflower
 - Broccoli with Sautéed Tomatoes
 - Steamed White Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Sautéed Spinach with Shallots
 - Roasted Cauliflower
 - Roasted Red Potatoes
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Vegetarian Meal

- Pasta Primavera
 - Balsamic-Roasted Summer Vegetables
 - Steamed Broccoli
 - Whole Wheat Rolls
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Tofu Parm with Marinara (GF)
 - Brussels Sprouts and Peppers
 - Steamed Edamame
 - Jasmine Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Tofu and Vegetable Stir-Fry
 - Garlic-Ginger Bok Choy
 - Steamed Sugar Snap Peas
 - Sticky Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Butter Tofu
 - Broccoli with Sautéed Tomatoes
 - Roasted Cauliflower
 - Naan
 - Steamed White Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Vegetarian Pasta Bolognese (GF)
 - Sautéed Spinach with Shallots
 - Roasted Cauliflower
 - Roasted Red Potatoes
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Top Allergen-Free Meal

- Pasta with Marinara (GF)
 - Steamed Broccoli
 - Steamed Summer Vegetables
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Lemon Thyme Chicken
 - Brussels Sprouts and Peppers
 - Jasmine Rice
 - Steamed Corn
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Garlic-Rubbed Pork Roast
 - Garlic-Ginger Bok Choy
 - Steamed Sugar Snap Peas
 - Sticky Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- House-Spiced Chorizo
 - Broccoli with Sautéed Tomatoes
 - Roasted Cauliflower
 - Steamed White Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Braised Beef Pizzaiola
 - Sautéed Spinach with Shallots
 - Roasted Red Potatoes
 - Roasted Cauliflower
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Monday 09/26

Tuesday 09/27

Wednesday 09/28

Thursday 09/29

Friday 09/30

Lunch



Hot Meal

- Asian Chicken Thighs
 - Roasted Beets and Carrots
 - Steamed Cabbage
 - Rice & Lentil Pilaf
 - ● ● No Drinks with Meal.
- Please bring own water bottle

FreeStyle

Hot Meal

- Goan Pork Vindaloo
 - Roasted Cauliflower
 - Steamed Corn
 - Jeera Basmati Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Hot Meal

- Penne Pesto with Beef and Tomatoes
 - Roasted Zucchini
 - Steamed Green Beans
 - Pretzel Rolls
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Paquito's

Hot Meal

- Cuisine From Mexico
- Posole (Spicy Mexican Pork Stew)
- Calabacitas
- Garlic-Roasted Carrots
- Flour Tortillas (6 inch)

Hot Meal

- Herbed Baked Chicken Thighs
 - Steamed Peas and Corn
 - Maple-Roasted Spaghetti Squash
 - Sticky Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Roasted Beets and Carrots
 - Steamed Cabbage
 - Rice & Lentil Pilaf
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Roasted Cauliflower
 - Steamed Corn
 - Jeera Basmati Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Roasted Zucchini
 - Steamed Green Beans
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Paquito's

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Calabacitas
 - Garlic-Roasted Carrots
 - Southwestern Red Beans and Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Lower School Cheese Sandwich Combo

- Cheese Sandwich on Whole Wheat
 - Steamed Peas and Corn
 - Maple-Roasted Spaghetti Squash
 - Sticky Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Vegetarian Meal

- Red Bean and Kale Quinoa
 - Roasted Beets and Carrots
 - Steamed Cabbage
 - Rice & Lentil Pilaf
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Lentils and Kale
 - Roasted Cauliflower
 - Steamed Corn
 - Jeera Basmati Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Lentils with Carrots and Onions
 - Roasted Zucchini
 - Steamed Green Beans
 - Pretzel Rolls
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Southwestern Red Beans and Rice
 - Calabacitas
 - Garlic-Roasted Carrots
 - Flour Tortillas (6 inch)
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Vegetarian Meal

- Adodong Sitaw with Tofu (Adobo Tofu) (GF)
 - Steamed Peas and Corn
 - Maple-Roasted Spaghetti Squash
 - Sticky Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle



Top Allergen-Free Meal

- Honey-Ginger Chicken Thighs
 - Roasted Beets and Carrots
 - Steamed Cabbage
 - Rice & Lentil Pilaf
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Goan Pork Vindaloo
 - Roasted Cauliflower
 - Steamed Corn
 - Jeera Basmati Rice
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Pasta Primavera (GF)
 - Steamed Green Beans
 - Steamed Zucchini
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Carnitas (Slow-Roasted Pulled Pork)
 - Calabacitas
 - Garlic-Roasted Carrots
 - Soft Corn Tortillas
 - ● ● No Drinks with Meal.
- Please bring own water bottle

Top Allergen-Free Meal

- Herbed Baked Chicken Thighs
 - Steamed Peas and Corn
 - Sticky Rice
 - Roasted Spaghetti Squash
 - ● ● No Drinks with Meal.
- Please bring own water bottle

