CECE & LOWER SCHOOL LUNCH MENU

November 2024

Indigenous Heritage Month

Monday	Tuesday	Wednesday	Thursday	1 Friday
				Diwali *No School*
4 Monday	**5 Tuesday**	**6 Wednesday**	**7 Thursday**	**8 Friday**
Chicken Tikka Masala *Chickpea Masala* *Garlic Naan & Rice* *Sweet Peas*	Turkey Bolognese Lentil Bolognese Rigatoni Pasta Mixed Greens Salad	Apple Cider Braised Beef Spiced Butternut Squash Garlic Smashed Potatoes Roasted Green Beans	BBQ Chicken BBQ Cauliflower Cheesy Grits Coleslaw	Cheese Pizza Ricotta Pesto Pizza Roasted Broccoli Fresh Fruit Salad
11 Monday	**12 Tuesday**	**13 Wednesday**	**14 Thursday**	**15 Friday**
Veteran's Day *Faculty In Service*	Chicken & Waffles Crispy Tofu & Waffles Mixed Greens Salad Pure Maple Syrup & Hot Honey	*Baked Salmon* *'Three Sisters' Bowl w/* *Squash, Corn & Beans* *'Fry Bread'* *Roasted Green Beans*	Honey Soy Chicken Vegetable Stir Fry Jasmine Rice Edamame	Grilled Cheese Specialty Grilled Cheese Tomato Soup Roasted Broccoli Fresh Fruit Salad
18 Monday	**19 Tuesday**	**20 Wednesday**	**21 Thursday**	**22 Friday**
Italian Sausage & Peppers Tofu & Peppers Potato Wedges Sweet Peas	Crispy Fish Tacos Black Bean Tacos Jasmine Rice Rainbow Slaw	White Chicken Chili Whole Baked Sweet Potato Cornbread Roasted Green Beans Assorted Toppings	Philly Cheese Steak Sandwich Mushroom & Pepper Sandwich Waffle Fries Mixed Greens Salad	Mac n' Cheese or Pasta w/ Marinara Sauce Roasted Broccoli Fresh Fruit Salad
25 Monday	**26 Tuesday**	**27 Wednesday**	**28 Thursday**	**29 Friday**
Meatless Monday! Pasta w/ Marinara Sauce or Alfredo Sauce Garlic Rolls Sweet Peas	**Thanksgiving Feast!!** Garlic Herb Roasted Turkey Maple Glazed Squash Creamy Mashed Potatoes Fall Vegetable Medley Gravy & Cranberry Sauce Apple Pie	**Thanksgiving Break** *No School*		**Thanksgiving Break** *No School*

* Sandwich/Salad Bar is open daily
* Vegetarian entree served daily
* Gluten and dairy free alternatives available
* Sauces typically served on the side for grades K & 1
* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
* Menu subject to change based on product availability

LOWER SCHOOL & CECE LUNCH MENU

October 2024

Celebrating Latinx/Hispanic Heritage Month!

Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	Chili Lime Fish Tacos *Bean Tacos* *Jasmine Rice* *Shredded Cabbage, Salsa & Avocado Crema*	Meatless Wednesday! Tomato & Cheese Pizza Squash & Caramelized Onion Pizza Roasted Broccoli Fresh Fruit Salad	*Rosh Hashanah* **No School**	*Rosh Hashanah* **No School**
7 Monday	**8 Tuesday**	**9 Wednesday**	**10 Thursday**	**11 Friday**
General Tso's Chicken General Tso's Tofu Jasmine Rice Steamed Edamame	Turkey Bolognese Eggplant Caponata Cavatappi Pasta & Garlic Bread Sweet Peas	Philly Cheese Steak Sandwich Mushroom & Pepper Sandwich Potato Wedges Mixed Greens Salad	*Pollo Asado (Roasted Chicken)* *Mofongo w/ Pickled Onions* *Steamed Rice* *Corn Elotes*	Meatless Friday! Pumpkin French Toast Fall Vegetable Frittata Hashbrowns Fresh Berries
14 Monday	**15 Tuesday**	**16 Wednesday**	**17 Thursday**	**18 Friday**
Indigenous Peoples' Day **No School**	Kielbasa (Polish Pork Sausage) Roasted Cabbage Potato & Cheese Pierogi Sweet Peas	Baked Salmon w/ Lemon Butter Roasted Squash Varieties Herbed Mashed Potatoes Roasted Brussels Sprouts	Gyro Style Chicken Chickpea Falafel Lemon Herb Pearl Couscous Tomato & Cucumber Salad Tzatziki Yogurt Sauce	Meatless Friday! Cheese Quesadilla Black Bean Quesadilla Cilantro Lime Rice Roasted Corn Fresh Fruit Salad
21 Monday	**22 Tuesday**	**23 Wednesday**	**24 Thursday**	**25 Friday**
Spaghetti & Meatballs or Cheese Ravioli Garlic Bread Sweet Peas	Chicken Teriyaki Japanese Eggplant Jasmine Rice Cucumber & Carrot Salad	Turkey Chili Canellini Bean Chili Homemade Corn Bread Green Beans Sour Cream, Cheddar, Scallions	Spanish Style Chicken Tortilla Española Creamy Orzo Mixed Greens Salad	Meatless Friday! Mac N' Cheese Pasta Marinara Broccoli Fresh Fruit Salad
28 Monday	**29 Tuesday**	**30 Wednesday**	**31 Thursday**	**Friday**
Turkey Burger Veggie Burger Sweet Potato Waffle Fries KCaesar Salad	Grilled Steak Stuffed Mushrooms Mashed Potatoes Fall Vegetable Medley	*All School* *Conference Day*	Blackened Chicken Frightful Fritters Wormy Pasta w/ Pumpkin Cream Green Witch's Fingers Halloween Treat!	

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LOWER SCHOOL & CECE LUNCH MENU

September 2024

Celebrating Hispanic/Latinx Heritage Month!

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
	OPEN HOUSE	*WELCOME BACK!!* Turkey Bolognese Marinara Sauce Penne Pasta Sweet Peas Garlic Bread	Lemon Herb Salmon Grilled Eggplant Couscous Mixed Greens Salad	Cheese Pizza Veggie Pizza Roasted Broccoli Fresh Fruit Salad
9 Monday	**10 Tuesday**	**11 Wednesday**	**12 Thursday**	**13 Friday**
Turkey Burger Veggie Burger Roasted Potato Wedges Green Beans	Shredded Chicken Tacos Pinto Bean Stew Cilantro Lime Rice Roasted Corn & Peppers Sour Cream, Salsa, Lettuce	Beef & Broccoli Glazed Cauliflower Lo Mein Noodles Carrots & Cabbage	Mediterranean Chicken Chickpea Falafel Couscous Tabbouleh Cucumber, Tomato & Feta Salad	Meatless Friday! Mac n' Cheese Pasta w/ Marinara Sauce Roasted Broccoli Assorted Toppings Fresh Fruit Salad
16 Monday	**17 Tuesday**	**18 Wednesday**	**19 Thursday**	**20 Friday**
Spaghetti & Meatballs Baked Veggie Pasta Garlic Bread Sweet Peas	Hawaiian BBQ Chicken BBQ Cauliflower Pineapple Fried Rice Cabbage Slaw	Crispy Baked Cod Crispy Eggplant Waffle Fries Green Beans Homemade Tartar Sauce	Cuban Style Ropa Vieja (Shredded Beef) Black Beans & Peppers Steamed Rice Roasted Corn	Meatless Friday! Classic Grilled Cheese Apple & Gouda Grilled Cheese Tomato Soup Roasted Broccoli Fresh Fruit Salad
23 Monday	**24 Tuesday**	**25 Wednesday**	**26 Thursday**	**27 Friday**
Chicken Milanese Stuffed Mushrooms Creamy Orzo Roasted Green Beans	Ground Beef Lettuce Cups Glazed Tofu Steamed Rice Edamame	Turkey & Cheese Panini Caprese Panini Roasted Potato Wedges Caesar Salad	Peruvian Chicken w/ Green Sauce Grilled Queso Fresco Cilantro Lime Rice Roasted Corn	Meatless Friday! Pasta w/ Marinara Sauce or Spinach & Basil Pesto Garlic Bread Sweet Peas Special Treat!
30 Monday				
Chicken Apple Sausage Sweet Potato Hash Couscous Sweet Peas				

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