



The Summit Country Day School



Eat 5-9 A DAY November 2009 *Underlined Items Less Than 30% Fat

Mon	Tue	Wed	Thu	Fri
Middle & Upper School Menu				
26 Chopped Chicken Salad or Chicken Sandwich Mashed Potatoes and Gravy Steamed Broccoli, Corn and Carrots Watermelon or Applesauce Cup Fortune Cookie Milk 	27 New: <u>Chicken Teryaki over Mixed Wild Rice</u> or Turkey/Pesto Mayo on <u>Panini Grill</u> Fresh Steamed Green Beans Fresh Sliced Oranges Cinnamon Bear Graham Crackers Milk 	28 Quarter Pound Cheeseburger or <u>Veggie Burger</u> or Veggie Wrap Steak Fries or Small Bowl Salad Bar Sliced Apples or 1/2 Banana Milk 	29 <u>Homemade Cheese Pizza</u> , Pepperoni Pizza, or <u>Vegetarian Pizza</u> Seasoned Corn Fresh Orange Blossoms <u>Halloween Cookie</u> Milk 	30 NO SCHOOL!!! HAPPY HALLOWEEN! 
A La Carte items Pork BBQ Sandwich/ Seasoned Broccoli Tuna Salad/ Baked Potato Bosco Sticks/ Vegetable Quesadillas Homemade Vegetable Soup	Turkey/ Cheese/Pesto Mayo on Panini Grill Popcorn Chicken/ Broccoli Cheddar Salad Homemade Chicken Noodle Soup Cranberry Feta Almond Salad	Chicken Salad on Foccacia Bread/ / Twice Baked Potato w/Broc & Cheese Homemade French Onion Soup Vegetable Wraps	Chicken Nuggets/Hm. Chili Spaghetti Soup Homemade Chicken Wild Rice Casserole Roasted Asparagus and Carrots Tomato Feta and Basil Pizza	 
2 Hard, Soft Shell Taco or Taco Salad (Chicken or Beef) w/ Chipotle Sauce Corn Chips Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Milk 	3 Bow Tie Pasta with Grilled Chicken and Pesto or Sloppy Joe Sandwich Roasted Fresh Green Beans Sliced Peaches or Fresh Fruit Fruit Trol! Milk 	4 Crunchy Oven Baked Chicken Fingers, Lettuce and Cheese Wrap Carrot and Celery Sticks with Ranch Dressing opt. Sliced Oranges and Grapes Homemade Brownie Milk 	5 Pasta with Marinara Sauce with Parmesan opt. or Italian Meatsauce w/ Marinara Sauce over Pasta & Parmesan Opt. Seasoned Breadstick Steamed Vegetables Fruit Choice / Milk 	6 6 inch Pizza or Grilled Cheese on Wheat and Tomato Soup Seasoned Broccoli, Corn & Carrots Choice of Fruit Fruit Milk 
A La Carte items Combo Meat Wraps/Burrito/Taco Salad Steamed Broccoli/ Steak Fries Homemade Broccoli Noodle Soup Red Beans and Rice/ Tuna Salad	Steak Fries/ Chicken Sandwich Homemade Vegetable Beef Soup <u>Bow Tie Pasta with Sauteed Vegetables and Pesto/ J & J Special</u> Turkey Whole Wheat Hoagie/Combos	French Dip Sandwich/ Vegetarian Eggroll Wh. Wheat Soft Pretzel/ Steamed Broccoli Homemade Chicken Wild Rice Soup Pizza on Foccacia/ J & J Special	Hot Ham and Cheese Croissant Breadsticks with Sauce/Turkey, Bacon Sub Tomato, Feta and Basil Salad/ Popcorn Chix Homemade Chicken Noodle Soup Apple and Cherry Turnovers	Herbed Chicken Breast Sandwich 6 inch Personal Pan Pizza including Cheese and Pepperoni/ Tuna Bowl Homemade Soup of the Day Hot Nachos/Salsa/Cheese/Sour Cream
9 Chicken Corn Dogs Hard Boiled Egg with Crackers Homemade Macaroni and Cheese Seasoned Green Beans Sliced Oranges or Sliced Peaches Milk 	10 Hm. Chicken & Cheese Quesadillas or <u>Three Cheese Cool Quesa with Sauteed Peppers, Salsa and Sour Cream</u> or French Country Plate (Croissant, Assorted Cheeses & Grapes) Steamed Broccoli and Steamed Carrots Strawberries and Grapes Animal Crackers Milk 	11 Chicken Pot Pie and <u>Homemade Biscuit</u> or Turkey Whole Wheat Hoagie or Turkey, Ham, Salami on WholeWheat Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Sliced Apples Chocolate Budding / Milk 	12 Gourmet Pretzel Sandwich (Turkey Breast, Cheese optional, Ham or Salami) or Turkey Hoagie on Wh. Wheat Sun Chips Mixed Green Salad with Vinaigrette or Ranch Dressing Cinnamon Applesauce Fortune Cookie Milk 	13 <u>Baked Sliced Chicken with Spaghetti & Parmesan</u> or Spaghetti with Cheese Herbed Flat Bread Mixed Green Salad Sliced Pears or Choice Milk 
A La Carte items Organic Applegate All Beef or Turkey Dog Cobb Salad/ Hummus & Veggies on W.W. Quarter Pound Cheeseburger Steak Fries/ Pasta w/ Vegetables Homemade Chicken Salad/ J & J Special	J and J Special / Panini Sandwiches Meatloaf/ Chicken Sandwich/ <u>Asparagus</u> Homemade Chicken Noodle Soup Homemade Coleslaw/ Baked Potato	Homemade Chicken Tortilla Soup Seasoned Noodles/ Refried Beans Soft Pretzel/ 1/4 lb burgers/ J & J Special Homemade Cream of Broccoli Soup	Tuna and Noodle Casserole Seas. Broccoli/Tuna Salad/ J & J Special Baked Potato/ Chicken Strips Homemade Chicken Noodle Soup	Ham/ Turkey Wrap Popcorn Chicken Mixed Lettuce Greens with Crabmeat and Vegetables and Vinaigrette

Available Daily: Homemade Soups, Assorted Yogurts, Fresh Fruit, Fresh Fruit Salad, Homemade Tuna Salad, Homemade Chicken Salad, Homemade Strawberry Banana Smoothies (Thursdays)

Assorted Bagel & Cream Cheese Bar, Fresh Meat Sandwiches, PB&J Sandwiches, Cheese and Vegetable Plates, Frozen Non Fat Yogurt Machine, Snacks including baked and Low Fat items.

Homemade Salads (Rotated): Black Bean, Corn and Cilantro Salad, Greek Slaw Salad, Pasta Salad, Spinach, Wild Rice and Feta Salad, Tomato, Feta, Basil Salad, Slaw Salad, Greek Salad, Caesar Salad, Cobb Salad, Salmon, Feta and Parmesan Salad, Chicken, Feta and Mandrin Orange Salad, Candied Walnut, Blue Cheese & Grape Salad....much more!

Fresh Extensive Salad Bar including Ham and Turkey

Daily Breakfast Offerings from 7:30- 8:15am including Pancakes, Bacon, Asst Hot Croissant Sandwiches, Asst. Cereals, Poptarts, Fresh Fruit, Multi Grain and Granola Bars, donuts (2x/ wk),

Bagel and Cream Cheese Bar, Coffee, Hot Chocolate, Milk, Asst. Juices and Water.

****Southwest Grill:** Fijitas, Burrito, Wraps, Salads to your liking. Choose Grilled Chicken, Chicken Strips, Taco Meat, Rice, Corn Bean Relish, Onion, Shredded Lettuce, Sour Cream, Tomatoes, Cheese...