



The Summit Country Day School

Eat 5-9 A DAY November 11 2009 * Underlined Items Less Than 30% Fat



Middle & Upper School Menu	Tue	Wed	Thu	Fri
16 Chopped Chicken Salad or Chicken Sandwich Sweet Potato Fries or Baked Potato Steamed Corn w/ Red & Green Peppers Fresh Fruit or Applesauce Cup Fortune Cookie Milk	17 Quarter Pound Cheeseburger or <u>Vegetable Burger</u> Steak Fries or Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Sliced Apples Milk	18 THANKSGIVING SPECIAL Turkey and Gravy Mashed Potatoes and Gravy Seasoned Green Beans Cranberries Apple Crisp or Choice of Dessert Milk	19 Homemade Cheese Pizza, Pepperoni Pizza, or <u>Vegetarian Pizza</u> Seasoned Mixed Vegetables Fresh Orange Blossoms Scooby Graham Cracker Sticks Milk	20 New: <u>Chicken Teryaki over Mixed Wild Rice</u> or Turkey/ Ham/ Salami Hoagie & Wild Rice Fresh Steamed Green Beans Fruit Choice Vanilla Wafers Milk
A La Carte items Stromboli/ Seasoned Broccoli Tuna Salad/ Baked Potato Bosco Sticks/ Vegetable Quesadillas Homemade Vegetable Soup/JJ Special	Chicken Salad on Focaccia Bread/ / Twice Baked Potato w/Broc & Cheese <u>Homemade French Onion Soup</u> Vegetable Wraps/ Zucchini Casserole	<u>Homemade Chicken Noodle Soup</u> J & J Special/ Ham/Turkey Sandwiches Homemade Stuffing Pumpkin Pie/ Homemade Apple Crisp	Chicken Nuggets/ Panini Sandwich <u>Roasted Asparagus and Carrots</u> Tomato Feta and Basil Pizza	Popcorn Chicken/ French Fries <u>Homemade Chicken Noodle Soup</u> Three Cheese Noodle Casserole Special/ Speciality Salad
23 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	24 Bow Tie Pasta with Grilled Chicken and Pesto or Sloppy Joe Sandwich Roasted Fresh Green Beans Sliced Peaches or Fresh Fruit Fruit Trol Milk	25 THANKSGIVING HOLIDAY! 	26 BREAK 	27 BREAK 
A La Carte items Combo Meat Wraps/Burritos/Taco Salad Make your own Burritos/ Tuna Salad Homemade Broccoli Noodle Soup Red Beans and Rice/ Tuna Salad Special/ Chicken Sandwich	Steak Fries/ Chicken Sandwich Homemade Vegetable Beef Soup <u>Bow Tie Pasta w/ Sauteed Vegetables & Pesto</u> J & J Special <u>Turkey Whole Wheat Hoagie/Combos/ Dino Spaghetios</u>			
30 Chicken Corn Dogs Hard Boiled Egg with Crackers Homemade Macaroni and Cheese Seasoned Green Beans Sliced Oranges or Sliced Peaches Milk	31 Hm. Chicken & Cheese Quesadillas or Three Cheese Cool Quesa with Sauteed Peppers, Salsa and Sour Cream or French Country Plate (Croissant, Assorted Cheeses & Grapes) Steamed Broccoli and Steamed Carrots Strawberries and Grapes Animal Crackers Milk	32 Beef Stir Fry or Turkey Whole Wheat Hoagie or Turkey, Ham, Salami on Whole Wheat Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Sliced Apples Chocolate Pudding / Milk	33 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	34 Baked Sliced Chicken with Spaghetti & Parmesan 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. / Pasta w/ Vegetables 1/4 lb Burgers Homemade Chicken Salad/ J & J Special	J and J Special / Panini Sandwiches Meatloaf/ Chicken Sandwich/ Asparagus Homemade Chicken Noodle Soup Homemade Coleslaw/ Baked Potato	Homemade Chicken Tortilla Soup Seasoned Noodles/ Refried Beans Double Decker Cheeseburger J & J Special/ Soft Pretzel/ Eggrolls 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:** Fajitas, Burritos, Wraps, Salads to your liking. Choose Grilled Chicken, Chicken Strips, Taco Meat, Rice, Corn Bean Relish, Onion, Shredded Lettuce, Sour Cream, Tomatoes, Cheese...