

# Upper School Lunch Menu

OCT 14TH - OCT 18TH

Celebrating Latinx Heritage Month



## **MONDAY**

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Indigenous Peoples' Day  
No School

## **TUESDAY**

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Kielbasa (Polish Pork Sausage)  
Roasted Cabbage  
Potato & Cheese Pierogi  
Sweet Peas

## **WEDNESDAY**

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Baked Salmon w/ Lemon Butter  
Roasted Winter Squashes  
Fingerling Potatoes  
Green Beans & Brussels

## **THURSDAY**

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Chicken Shawarma  
Chickpea Falafel  
Lemon Herb Pearl Couscous  
Tomato, Cucumber, Feta Salad  
Tzatziki Yogurt Sauce

## **MEATLESS FRIDAY**

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Southern Style Mac & Cheese  
Vegan Pasta  
Vegetable Medley  
Fresh Fruit Salad

## **AVAILABLE DAILY**

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Yogurt & Whole Fruit  
Self Serve Salad Bar  
Allergen Friendly Options