

# Spring Menu 2026

April - Week 1 - Lower School

	<b>MONDAY</b> 03/30/2026	<b>TUESDAY</b> 03/31/2026	<b>WEDNESDAY</b> 04/01/2026	<b>THURSDAY</b> 04/02/2026	<b>FRIDAY</b> 04/03/2026
<b>ENTRÉE</b>	Halal Salisbury Steak Mushroom Bordelaise Potato Puffs Fresh Steamed Green Beans	BYO Taco Station Cilantro Lime Rice Chipotle Pinto Beans	Cheese Tortellini Pasta Sautéed Broccoli Cheesy Garlic Bread Herbed Tomato Sauce	Indonesian Coconut Chicken Lemon Jasmine Rice Roasted Cauliflower	Hake Provencal Herb and Lemon Couscous Steamed Vegetable Medley
<b>INTERNATIONAL ENTRÉE</b>	Chicken Fricassee Herb Rice Pilaf Roasted Corn and Peppers	Savoury Turkey Tourtiere Poutine	Cassoulet Cuban Green Beans Mushroom and Swiss Quiche	Argentinian Steak Chimichurri Steamed Vegetable Medley Spanish Rice	Teriyaki Salmon Loin Steamed Vegetable Medley Jeweled Rice
<b>VEGETARIAN ENTRÉE</b>	Eggplant Creole Roasted Corn and Peppers Creole Rice	Tandoori Paneer Cilantro Lime Rice	Vegan Roasted Vegetable Strudel	Spanish Rice Empanadas (Black Bean)	Teriyaki Tofu Steamed Vegetable Medley Jeweled Rice



**Daily Salad Bar:** Variety of Lettuce, Fresh Vegetables, Cheese, Hardboiled Eggs, Legumes, Plant Based Protein, Sliced Fruits, Compound Salads and Root Vegetables  
**Daily Deli Station:** Selection of Whole Grain Breads, Flour Tortillas, Assorted Deli Meats, Sliced Cheese, Fresh Vegetables and House Made Dips and Spreads

# Spring Menu 2026

April - Week 2 - Lower School

	<b>MONDAY</b> 04/06/2026	<b>TUESDAY</b> 04/07/2026	<b>WEDNESDAY</b> 04/08/2026	<b>THURSDAY</b> 04/09/2026	<b>FRIDAY</b> 04/10/2026
<b>ENTRÉE</b>	Turkey Chili Yellow Triangle Corn Tortilla Chips Sour Cream Shredded Cheddar Cheese	Halal Chicken Nuggets and Plum Sauce Herb Roasted Garlic Potato Wedges Fresh Steamed Carrots	Dry Herb-Rubbed & Marinated Striploin Steak with Creamy Green Peppercorn Sauce Sweet Potato Mash Steamed Vegetable Medley	Texas Meatloaf with Bold Onion Sauce Smashed Potatoes Sauteed Corn Mexican Style	Breaded Haddock Fish Burger Golden Fried French Fries Steamed Seasonal Vegetables with Herbs Tartar Sauce
<b>INTERNATIONAL ENTRÉE</b>	Gingered Beef Edamame Stir-Fry Fluffy Rice	Pollo Asado (Cuban Roasted Chicken) Fresh Steamed Carrots	Caribbean Pork Stew Caribbean Peas and Rice	Butter Chicken Yellow Basmati Rice Fresh Steamed Carrots	Filipino Pork Menudo Garlic Rice Fresh Green Beans
<b>VEGETARIAN ENTRÉE</b>	Vegan Chili Double Cornbread	Sweet and Sour Meatless Meatballs	Three Cheese Manicotti	Vegan Cauliflower Ribs with Texas Style BBQ Sauce	Texas Toast Thrilled Grilled Cheese



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# Spring Menu 2026

April - Week 3 - Lower School

	<b>MONDAY</b> 04/13/2026	<b>TUESDAY</b> 04/14/2026	<b>WEDNESDAY</b> 04/15/2026	<b>THURSDAY</b> 04/16/2026	<b>FRIDAY</b> 04/17/2026
<b>ENTRÉE</b>	Lemon and Oregano Roast Chicken Classic Alfredo Mac and Cheese Steamed Seasonal Vegetables with Herbs	General Tao Chicken Tofu Pad Thai Sauteed Bok Choy	Spaghetti with Meatballs Garlic Bread Balsamic Roasted Vegetables	Jamaican Jerk Chicken Mango Chutney Mayonnaise Collard Greens	Lebanese Fish with Rice Steamed Vegetable Medley
<b>INTERNATIONAL ENTRÉE</b>	Lamb Moussaka Greek Rice	Asian BBQ Pork Pickled Vegetables	Beef Shawarma Persian Rice	Harissa Chicken with Leeks, Potatoes and Yogurt Jollof Rice	Californian Pizza
<b>VEGETARIAN ENTRÉE</b>	Sweet and Sour Tofu	Butter Paneer with Snow Peas	Classic Meatless Meatballs	Harissa Chickpea Flat Bread	Hawaiian Tofu Vegetable Spring Rolls Garlic Rice



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# Spring Menu 2026

April - Week 4 - Lower School

	<b>MONDAY</b> 04/20/2026	<b>TUESDAY</b> 04/21/2026	<b>WEDNESDAY</b> 04/22/2026	<b>THURSDAY</b> 04/23/2026	<b>FRIDAY</b> 04/24/2026
<b>ENTRÉE</b>	Adobo Chicken Thigh Pancit Bihon Orange Glazed Carrots	House Made Pancakes Berry Compote Peameal Bacon Mini Croissant Lemon Zest Green Beans	Penne Pasta Beef Meatballs Herbed Tomato Sauce Garlic Bread Cauliflower and Peas Parmesan Cheese	Coq Au Vin Lyonnaise Potatoes Roasted Seasonal Vegetables	Tilapia Piccata Cauliflower Rice Sautéed Broccoli
<b>INTERNATIONAL ENTRÉE</b>	Beef Taco Bowl	Pork Mediterranean	Beef Stroganoff	Porchetta Pork Loin Roast	Mediterranean Greek Pizza
<b>VEGETARIAN ENTRÉE</b>	Shepherd's Pie with TVP	Goan Vegetable Curry Basmati Rice	Penne Pasta Herbed Tomato Sauce	Vegan Roasted Vegetable Strudel	Tofu Caldereta



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# Spring Menu 2026

April - Week 1 - Lower School

	<b>MONDAY</b> 04/27/2026	<b>TUESDAY</b> 04/28/2026	<b>WEDNESDAY</b> 04/29/2026	<b>THURSDAY</b> 04/30/2026	<b>FRIDAY</b> 05/01/2026
<b>ENTRÉE</b>	Halal Salisbury Steak Mushroom Bordelaise Potato Puffs Fresh Steamed Green Beans	BYO Taco Station Cilantro Lime Rice Chipotle Pinto Beans	Cheese Tortellini Pasta Sautéed Broccoli Cheesy Garlic Bread Herbed Tomato Sauce	Indonesian Coconut Chicken Lemon Jasmine Rice Roasted Cauliflower	Hake Provencal Herb and Lemon Couscous Steamed Vegetable Medley
<b>INTERNATIONAL ENTRÉE</b>	Chicken Fricassee Herb Rice Pilaf Roasted Corn and Peppers	Savoury Turkey Tourtiere Poutine	Cassoulet Cuban Green Beans Mushroom and Swiss Quiche	Argentinian Steak Chimichurri Steamed Vegetable Medley Spanish Rice	Teriyaki Salmon Loin Steamed Vegetable Medley Jeweled Rice
<b>VEGETARIAN ENTRÉE</b>	Eggplant Creole Roasted Corn and Peppers Creole Rice	Tandoori Paneer Cilantro Lime Rice	Vegan Roasted Vegetable Strudel	Spanish Rice Empanadas (Black Bean)	Teriyaki Tofu Steamed Vegetable Medley Jeweled Rice



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<b>MORNING SNACK</b>	Sliced Apples Cream Cheese Apple Breakfast Flat	Fresh Berries Vanilla Greek Yogurt Plain Granola	Fresh Cantaloupe Cheerios 2% Milk	Seasonal Fresh Fruit Salad Carrot Muffins Cream Cheese	Sliced Apples Hard Boiled Egg Whole Wheat Roll
<b>LUNCH DESSERT/ SNACK</b>	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits Vanilla Ice Cream
<b>AFTERNOON SNACK (BG - GR. 3)</b>	Mandarin Oranges Cheddar Cheese Crispy Minis	Sliced Fresh Cucumbers White Pita Tzatziki	Vanilla Greek Yogurt and Mixed Berry Smoothie Sliced Apples	Fresh Apple Made Good	Marble Cheese Cubes Ritz Crackers Fresh Orange
<b>AFTERNOON SNACK (GR. 4 - 5)</b>	Fresh Apple White Cheddar Popcorn	Fresh Apple Yogurt Tube Arrowroot Cookies	Fresh Apple Cheddar Crispy Minis	Fresh Apple Made Good	Fresh Apple Bear Paw Cookies
<b>AFTER SCHOOL SNACK</b>	Fresh Cubed Honeydew WOW Butter Graham Wafer	Pita Chips Spinach Artichoke Dip	Applesauce Saltine Crackers Cubed Marble Cheese	White Pita Chickpea Hummus Sliced Fresh Cucumbers	WOW Butter and Jam on Multigrain Fresh Cubed Honeydew



\*\*\*ALL CLASSROOMS WILL BE SUPPLIED DAILY WITH AN ASSORTED WHOLE FRUIT BOWL



## Spring Snack Menu 2026

April - Week 2 - Lower School

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<b>MORNING SNACK</b>	Apple Slices 2% Milk Cheerios	Cantaloupe Cream Cheese Rice Cake	Fresh Banana Blueberry Muffins Vanilla Greek Yogurt	Fresh Berries Whole Wheat English Muffin Cheddar Cheese Slices	Sliced Apples Apple Cinnamon Muffins Cubed Cheddar Cheese
<b>LUNCH DESSERT/ SNACK</b>	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits Ice Cream Sandwich
<b>AFTERNOON SNACK (BG - GR. 3)</b>	Green Bell Pepper Slices Southwest Dip Triscuit Crackers	Cucumber Slices Pita Tzatziki	Bagel Cream Cheese Apple Slices	Mixed Berries and Yogurt Smoothie Honeydew Arrowroot Cookie	Cheerios 2% Milk Orange slices
<b>AFTERNOON SNACK (GR. 4 - 5)</b>	Fresh Apple Chocolate Banana Granola Bar	Fresh Apple White Cheddar Popcorn	Fresh Apple Apple Cinnamon Nutrigrain Bar	Fresh Apple Goldfish Crackers	Fresh Apple Cubed Cheddar Cheese Breton Crackers
<b>AFTER SCHOOL SNACK</b>	Fresh Cubed Cantaloupe Wow Butter Unsalted Crackers	Pita Chips Guacamole	Unsweetned Applesauce Saltine Crackers Marble Cheese Cubes	Oatmeal Cookie Fresh Cubed Honeydew	Bell Peppers Ranch Melba Toast



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<b>MORNING SNACK</b>	Sliced Apples Cream Cheese Apple Breakfast Flat	Fresh Berries Vanilla Greek Yogurt Chex Cereal	Fresh Cantaloupe Cheerios 2% Milk	Seasonal Fresh Fruit Salad Carrot Muffins Cream Cheese	Sliced Apples Hard Boiled Egg Whole Wheat Roll
<b>LUNCH DESSERT/ SNACK</b>	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits Vanilla Ice Cream
<b>AFTERNOON SNACK (BG - GR. 3)</b>	Mandarin Oranges Cheddar Cheese Crispy Minis	Sliced Fresh Cucumbers White Pita Tzatziki	Vanilla Greek Yogurt and Mixed Berry Smoothie Sliced Apples	Fresh Apple Made Good	Marble Cheese Cubes Ritz Crackers Fresh Orange
<b>AFTERNOON SNACK (GR. 4 - 5)</b>	Fresh Apple White Cheddar Popcorn	Fresh Apple Yogurt Tube Arrowroot Cookies	Fresh Apple Cheddar Crispy Minis	Fresh Apple Made Good	Fresh Apple Bear Paw Cookies
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<b>LUNCH DESSERT/ SNACK</b>	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits Ice Cream Sandwich
<b>AFTERNOON SNACK (BG - GR. 3)</b>	Green Bell Pepper Slices Southwest Dip Ritz Crackers	Cucumber Slices Pita Tzatziki	Bagel Cream Cheese Apple Slices	Mixed Berries and Yogurt Smoothie Honeydew Arrowroot Cookie	Cheerios 2% Milk Orange slices
<b>AFTERNOON SNACK (GR. 4 - 5)</b>	Fresh Apple Chocolate Banana Granola Bar	Fresh Apple White Cheddar Popcorn	Fresh Apple Apple Cinnamon Nutrigrain Bar	Fresh Apple Goldfish Crackers	Fresh Apple Cubed Cheddar Cheese Breton Crackers
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