











elmwood franklin school

Lunch Menu December 3-7, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday: <i>Lily Belal Head for the Day!</i>
	Spaghetti with Turkey Meatballs and Marinara Roasted Zucchini Garlic Parmesan Breadsticks	Chicken Fajitas Seasoned Corn Spanish Rice	Roast Beef on Weck Glazed Carrots Mashed Potatoes	Chicken Cordon Bleu Broccoli Rice	Belgium Waffles with Fruit Topping Sausage Links Breakfast Potatoes
	Veggie Pizza	Black Bean Burrito	Lemon Basil Wheat Pasta	Veggie Burger	Parmesan Lemon Pepper Crusted Tilapia
	Ham and Swiss on Whole Grain Ciabatta <i>Made-to-Order Deli</i>	Chicken in the Grass <i>Made-to-Order Deli</i>	Roasted Vegetable Wrap <i>Made-to-Order Deli</i>	Tuna and Cheddar on Sourdough <i>Made-to-Order Deli</i>	Turkey and Swiss Wrap with Avocado Aioli <i>Made-to-Order Deli</i>
	Minestrone Salad Bar Fresh Fruit	Chicken Tortilla Salad Bar Fresh Fruit	Broccoli Cheddar Salad Bar Fresh Fruit	Tomato Basil Salad Bar Fresh Fruit	Cream of Potato Salad Bar Fresh Fruit
Mid-Morning Snack	Blueberry Muffins	Fresh Fruit and Cheese Stick with Crackers	Fresh Baby Carrots Hummus Dip	Rice Chex (<i>Prep & Lower School</i>) Apple Jacks (<i>Upper School</i>)	Pretzel Braids

Menu items may contain ingredients known to cause allergic reactions in some people, including peanuts, tree nuts, soy, milk, seafood, shellfish, wheat/gluten and eggs. Please check with management before consuming any products if you have any sensitivity or allergy to any of these food items.

Lunch Menu December 10-14, 2018





	Monday	Tuesday	Wednesday	Thursday	Friday
	Meatball Bomber Roasted Zucchini Seasoned Potatoes	Mexican Fiesta Rice Bowl with Beef Mexican Style Corn Nachos and Salsa	Chinese Orange Chicken Chinese Mixed Vegetables Jasmine Rice	Roasted Pork Loin Brussel Sprouts Sweet Potatoes Apple Sauce	Vegetarian Stuffed Peppers Broccoli Wild Rice
	Southwest Chicken Salad	Veggie Burrito	Vegetable Spring Rolls	Black Bean Burger	Broccoli and Cheese Egg Bake
	Turkey Club <i>Made-to-Order Deli</i>	Roast Beef and Cheddar on Marble Rye <i>Made-to-Order Deli</i>	Ham and Provolone on Focaccia <i>Made-to-Order Deli</i>	Chicken Salad Sandwich <i>Made-to-Order Deli</i>	BLT Wrap <i>Made-to-Order Deli</i>
	Buffalo Chicken Wing Salad Bar Fresh Fruit	Tortellini Salad Bar Fresh Fruit	Vegetarian Vegetable Salad Bar Fresh Fruit	Cream of Mushroom Salad Bar Fresh Fruit	Corn Chowder Salad Bar Fresh Fruit
Mid-Morning Snack	Cinnamon Raisin Bagels	Vanilla Yogurt with Blueberries	Goldfish Crackers	Celery with Sunbutter and Craisins	Hartzels

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Lunch Menu December 17-14, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Philly Cheesesteak Seasoned Broccoli Red Roasted Potatoes	Mexican Fiesta Rice Bowl with Chicken Mexican Style Corn Nacho Chips and Salsa	Chicken Parmesan Roasted Vegetables Parmesan Breadstick	Roasted Turkey Green Beans Mashed Potatoes Stuffing Cranberry Sauce	Baked Macaroni and Cheese Chef's Choice
	Chicken Souvlaki Salad	Veggie Burger with Corn and Black Bean Salsa	Wheat Pasta Primavera	Wheat Margherita Pizza	Cajun Grilled Chicken Breast
	Portobello Mushroom with Pepper Jack and Avocado <i>Made-to-Order Deli</i>	Chicken Caesar Wrap <i>Made-to-Order Deli</i>	Turkey and Swiss on Multigrain Ciabatta <i>Made-to-Order Deli</i>	Roasted Red Pepper Hummus Wrap <i>Made-to-Order Deli</i>	Chef's Choice <i>Made-to-Order Deli</i>
	Cheesy Potato Salad Bar Fresh Fruit	Vegetarian Chili Salad Bar Fresh Fruit	Pasta Fagioli Salad Bar Fresh Fruit	Squash Soup Salad Bar Fresh Fruit	Chicken Noodle Salad Bar Fresh Fruit
Mid-Morning Snack	Apple Muffins	Cheese Stick with Crackers	Animal Crackers	Bananas	Bagels

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