







elmwood franklin school

Lunch Menu February 4-8, 2019





	Monday	Tuesday <i>Chinese New Year</i>	Wednesday	Thursday <i>Brazil Day!</i>	Friday
	Southern Biscuits and Gravy Broccoli Breakfast Potatoes	General Tso Chicken Stir Fry Vegetables Jasmine Rice Dumplings	Greek Pizza Glazed Carrots Brown Rice	Empadão de Frango (Chicken Pot Pie) Sweet Peas Rice and Beans Pao de Queijo (Cheese Bread)	Three Cheese Chicken Alfredo Roasted Vegetables Parmesan Garlic Bread
	Vegetarian Crepes	Vegetable Lo Mein	Wheat Penne with Red Sauce	Pan Seared Tilapia with Lime Red Sauce	Caesar Salad
	Ham and Swiss on Whole Grain Ciabatta <i>Made-to-Order Deli</i>	Chicken in the Grass on Marble Rye <i>Made-to-Order Deli</i>	Turkey and Swiss Wrap with Avocado Aioli <i>Made-to-Order Deli</i>	Tuna and Cheddar on Sourdough <i>Made-to-Order Deli</i>	Roasted Red Pepper Hummus Wrap <i>Made-to-Order Deli</i>
	Broccoli Cheddar Fresh Fruit Salad Bar	Egg Drop Fresh Fruit Salad Bar	Garden Vegetable Fresh Fruit Salad Bar	Black Bean Fresh Fruit Salad Bar	Beef Noodle Fresh Fruit Salad Bar
Mid-Morning Snack	US: Apple Jacks Prep & LS: Rice Chex	US: English Muffins Prep & LS: Whole Grain Muffins	Cheese Sticks and Crackers	US: Carrots with Ranch Prep & LS: Carrots with Hummus	Yogurt with Fruit

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.



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Lunch Menu February 11-15, 2019





	Monday	Tuesday	Wednesday	Thursday	Friday <i>Kara R., Head for the Day</i>
	BBQ Meatloaf Roasted Zucchini Mashed Potatoes	Mexican Fiesta Rice Bowl with Chicken Mexican Style Corn Nachos and Salsa	Beef and Broccoli Stir Fry Vegetables Jasmine Rice	Roasted Pork Loin Brussel Sprouts Roasted Sweet Potatoes	Pancakes with Fruit Topping Broccoli Sausage
	Parmesan Lemon Pepper Crusted Tilapia	Veggie Burrito	Vegetable Spring Rolls	Black Bean Burger	Vegetable Frittata
	Turkey Club <i>Made-to-Order Deli</i>	Ham and Cheddar on Marble Rye <i>Made-to-Order Deli</i>	Roasted Vegetable Wrap <i>Made-to-Order Deli</i>	Chicken Salad Pita <i>Made-to-Order Deli</i>	Tuna Salad <i>Made-to-Order Deli</i>
	Tomato Basil Salad Bar Fresh Fruit	Mexican Vegetable Salad Bar Fresh Fruit	Chicken Noodle Salad Bar Fresh Fruit	Cream of Mushroom Salad Bar Fresh Fruit	French Onion Salad Bar Worms in Dirt
Mid-Morning Snack	Goldfish Crackers	Bananas	Soft Pretzels	Fruit with Graham Crackers	Hartzels

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Lunch Menu February 18-22, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	SCHOOL CLOSED— Presidents' Day	SCHOOL CLOSED— Presidents' Day	SCHOOL CLOSED— Head of School's Holiday	Spaghetti and Meatballs Sweet Peas Parmesan Breadsticks	Pepperoni Pizza Corn Tater Tots
				Marinated Portobello	Turkey Burger
				Loaded Hummus Wrap <i>Made-to-Order Deli</i>	Wild Mushroom Pita <i>Made-to-Order Deli</i>
				Italian Wedding Salad Bar Fresh Fruit	Tomato Salad Bar Fresh Fruit
Mid-Morning Snack				Animal Crackers	US: Sun Chips Prep & LS: Whole Wheat Cheese Crackers

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Lunch Menu February 25-March 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	Philly Cheesesteak Seasoned Corn Roasted Red Potatoes	Breakfast Burritos Roasted Corn Cilantro Lime Rice	Manicotti Steamed Cauliflower Whole Grain Garlic Bread	Pot Roast Glazed Carrots Garlic Mashed Potatoes	Chicken Parmesan Roasted Vegetables Brown Rice
	Cobb Salad	Southwest Crusted Tilapia	Whole Wheat Penne with Red Sauce	Lemon Basil Pasta	Caesar Salad
	Roast Beef and Swiss on Multigrain Ciabatta <i>Made-to-Order Deli</i>	Roasted Vegetable Wrap <i>Made-to-Order Deli</i>	Ham and Salami on Focaccia <i>Made-to-Order Deli</i>	Turkey and Cheddar on Sourdough <i>Made-to-Order Deli</i>	Toasted Cuban <i>Made-to-Order Deli</i>
	Garden Vegetable Salad Bar Fresh Fruit	Chicken and Rice Salad Bar Fresh Fruit	Minestrone Salad Bar Fresh Fruit	Butternut Squash Salad Bar Fresh Fruit	Cream of Mushroom Salad Bar Fresh Fruit
Mid-Morning Snack	Pretzel Rods with Cheese Sticks	Rice Chex	US: Carrots with Ranch Prep & LS: Carrots with Hummus	Cinnamon Raisin Bagels	Yogurt with Fresh Fruit

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