

# WEEKLY CHOICES

La Jolla Country Day School  
Lower School Menu – May 14-18



**M**

**Parmesan Chicken**  
served over spaghetti noodles

**Ham & Cheese Pinwheels**  
served with low sodium pretzels

**Hand-Tossed Caesar Salad**  
featured on daily garden bar

**Chicken Alfredo**  
with fettuccine noodles

**T**

**Pork Carnitas**  
served with corn tortilla and sweet  
corn bread

**Turkey & Cheese Sub**  
served with low sodium pretzels

**Mexican Three Bean Salad**  
featured on daily garden bar

**Toasted Cheese Sandwich**  
served with skinny dippers

**W**

**Hand-Dipped Granola  
Crusted French Toast**  
served with fruit compote and  
turkey bacon or sausage

**Poppin' Chicken Salad**  
with whole grain crackers

**Ham & Cheese Sub**  
served with skinny dippers

**Fruit Medley Salad**  
featured on daily garden bar

**TH**

**White Meat Chicken Bites**  
served with mashed sweet potatoes

**Asian Chicken Salad**  
with mandarin oranges

**Tomato & Green Pepper  
Salad**  
featured on daily garden bar

**Home-style Baked Macaroni  
& Cheese**  
served with skinny dippers

**F**

**Sesame Chicken**  
served with vegetable fried rice

**Bacon Club Wrap**  
served with crudité

**Tomato Basil Quinoa with  
Squash**  
featured on daily garden bar

**Mediterranean Roasted  
Vegetable Pizza**  
served with crudité

Combo meals are \$5.00 and includes your entrée, variety of sides on the daily garden bar and a choice of 1% white or nonfat chocolate milk, or water.



Nutrition • Achievement • Environment • Community • Activity

MENU SUBJECT TO CHANGE

# WEEKLY CHOICES

La Jolla Country Day School  
Lower School Menu – May 21-25



**M**

**Hot Open faced Roast beef Sandwich**

with mashed potatoes

**Chicken Sandwich**

served with sweet potato fries

**Classic Chef Salad**  
with whole grain crackers

**Hand-Tossed Caesar Salad**  
featured on daily garden bar

**T**

**Freshly Baked Pepperoni Pizza**

served with tossed garden salad

**Toasted Cheese Sandwich**  
With Creamy Tomato Soup

**Hearty Garden Salad**  
with whole grain roll

**Fruit Medley Salad**  
featured on daily garden bar

**W**

**Saucy Meatballs**

served over spaghetti noodles

**Vegetable Lasagna**

With garlic breadstick

**American Combo Sub**  
served with crudités

**Cucumber & Tomato Salad**  
featured on daily garden bar

**TH**

**Hot Russet Baked Potato**  
topped with rainbow chili

**Turkey & Cheese Pinwheels**  
served with fresh fruit

**Hawaiian Chicken Salad**  
with pineapple tidbits

**Whole Grain Garden Fusilli Salad**  
featured on daily garden bar

**F**

**Olympic Day - Early Dismissal**

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# WEEKLY CHOICES

La Jolla Country Day School  
Lower School Menu – May 28-



M

**Memorial Day -  
School Closed**

T

**Roasted Herb Vegetables**  
served over farfalle pasta

**Chicken Salad Sandwich**  
served with skinny dippers

**Fruit Medley Salad**  
featured on daily garden bar

**American Cheeseburger**  
served with skinny dippers

W

**Hand-rolled Fiesta Beef &  
Cheese Burrito**  
served with corn and bean mix

**Chicken Caesar Wrap**  
served with crudités

**Carrot & Raisin Salad**  
featured on daily garden bar

**Freshly Baked Cheese Pizza**  
served with carrot & raisin salad

TH

**Sloppy Joe**  
With Tater tots and corn

**Classic Club Sandwich**  
served with fresh fruit

**Broccoli & Orange Salad**  
featured on daily garden bar

**Vegetarian Stir Fry**  
served over fried rice

F

**Class of 2012 Graduation  
Day - No Classes**

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MENU SUBJECT TO CHANGE

# WEEKLY CHOICES

La Jolla Country Day School  
Lower School Menu – June 4-8



**M**

**Chicken Pot Pie**  
served with steamed collard greens

**Turkey & Cheese Sandwich**  
served with crudités

**Classic Cole Slaw**  
featured on daily garden bar

**Cobb Salad**  
with whole grain crackers

**T**

**Meatball Parmesan Slider**  
served with rainbow slaw

**Hummus & Veggie Wrap**  
served with rainbow slaw

**Fresh Fruit Medley**  
featured on daily garden bar

**Antipasto Salad**  
with whole grain roll

**W**

**Roasted Turkey**  
with cornbread stuffing, green beans

**Turkey Sub with Baked Chips**

**Lentils with Swiss Chard**  
featured on daily garden bar

**Freshly Baked Margarita Pizza**  
served with tossed Caesar salad

**TH**

**Salisbury Steak with mashed Potatoes and Gravy**  
With mixed vegetables

**Turkey & Cheese Pinwheels**  
served with fresh fruit

**Roasted Vegetables**  
featured on daily garden bar

**Traditional Quesadilla**  
served with seasoned black bean

**F**

**Grade 4 Promotion – Early Dismissal**

Combo meals are \$5.00 and includes your entrée, variety of sides on the daily garden bar and a choice of 1% white or nonfat chocolate milk, or water.



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