

La Jolla Country Day School
Middle School Menu-May 14-18

EXPLORE

You can't go wrong with making your food to order. Located inside the main service area, this made-to-order combo meal will hit the spot. Combo meals are \$5.00 which includes your entrée, 'thrive' garden bar and a choice of milk or water.

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
<u>Pasta Pronto</u> Chicken Alfredo, Tomato Basil, or Hearty Meat Sauce over Fettuccini or Spaghetti Garlic French Bread included	<u>Mex to the Max</u> Grande Burritos with seasoned Beef, Pork Carnitas or Chipotle Tofu. Served with Refried Beans and Spanish Rice	<u>Breakfast for Lunch</u> Cheesy Scrambled Eggs served with Home Fries and fresh fruit. OR Cinnamon Swirl French Toast served with Fruit Compote and Turkey Bacon or Sausage	<u>Favorites</u> <u>Daily Special</u> White Meat Chicken Nuggets served with Macaroni & Cheese and steamed Broccoli Buttermilk Biscuit	<u>Asian Express</u> Citrus Chicken or Garlic Tofu over Ginger blended rice Fortune Cookie

STACKS

Available daily, this made-to-order sub sandwich, wrap or salad will hit the spot. Visit us inside the main service area. Combo meals are \$5.00 which includes your entrée, 'thrive' garden bar and a choice of milk or water.

THRIVE

As part of the combo meal, a variety of fresh and chilled fruits and vegetables are available on this garden bar. Try one of our specialty salads to round out your meal.

Hand-Tossed Caesar Salad	Mexican Three Bean Salad	Fruit Medley Salad	Tomato & Green Pepper Salad	Baby Spinach Salad w/ bacon vinaigrette
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PERFORM

Pick from a variety of quick grab 'n' go combo meals that are located at the outside service window. Combo meals are \$5.00 and includes a choice of milk or water.

<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers <u>Pizza by the Slice</u> freshly baked Hawaiian or margarita pizza served with lightly tossed Caesar salad	<u>Salsa Supreme</u> Beef Empanadas served with Mexican Three Bean salad and Salsa <u>Big Bold Burger Bash</u> select from toasted cheese sandwich, Dijon Swiss burger or spicy chicken burger served with skinny dippers	<u>Sub Culture</u> Chicken Caesar Wrap, Ham & Cheese or Turkey & Cheese Subs with skinny dippers <u>Breakfast Burrito</u> Sausage, Potato and Cheese Burrito with Salsa	<u>Dog Days</u> Chili Dog, Chili Cheese Dog or Hot Dog served w/ Macaroni salad	<u>Pizza Pizzazz</u> Freshly baked Mediterranean Roasted Vegetables or Pepperoni Pizza <u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers
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La Jolla Country Day School
Middle School Menu-May 21-25

EXPLORE

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<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
<u>Sandwiches with Attitude</u>	<u>Favorites</u>	<u>Use Your Noodle</u>	<u>Tater Temptation</u>	<u>Old Fashion Barbeque</u>
Hot Open faced Roast beef Sandwich w/ mashed potatoes & vegetables	Baked Iemon Chicken with Cilantro Rice and steamed Vegetables	American Style Meat & Cheese or Vegetable Lasagna with Italian vegetables	Top your hot Russet baked potato with buffalo chicken, or rainbow chili and all the fixings	Turkey Hot Dogs, Beef Hamburgers, or Pulled BBQ Pork, served with Baked Beans and Cole Slaw
		Savory Garlic Butter Breadstick included		

STACKS

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THRIVE

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Hand-Tossed Caesar Salad	Tossed Green Salad	Cucumber & Tomato Salad	Whole Grain Garden Fusilli Salad	Home Style Potato Salad
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PERFORM

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<u>Hot off the Grill</u>	<u>Sub Culture</u>	<u>Be a Noodle Maniac</u>	<u>Pizza Pizzazz</u>	<u>Hot off the Grill</u>
Salsa Chicken Burger, Cajun Burger or spicy chicken burger served with sweet potato fries	Greek Chicken Wrap or Turkey & Cheese Sub with Fresh Fruit	Penne with Marinara Sauce	Freshly baked Hawaiian Pizza	Italian Sausage with sautéed peppers and Onions served with Home Style Potato Salad
<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Pizza by the Slice</u> Freshly baked Italian Sausage or cheese pizza served with freshly tossed salad	<u>Great American Burgers</u> Bacon cheeseburger, Spicy Black Bean or Grilled Chicken burgers served with cucumber and tomato salad	<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	



La Jolla Country Day School
Middle School Menu-May 28-June 1



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<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
<u>MEMORIAL DAY</u> <u>SCHOOL CLOSED</u>	<u>Pasta Pronto</u> Roasted Herb vegetables, Primavera or Meat lovers over farfalle or Penne noodles savory breadsticks included	<u>Soup Du Jour</u> Chicken Noodle, Creamy Tomato Basil or Vegetable Minestrone with Crackers and fresh fruit	<u>Sloppy Thursday</u> Sloppy Joe Sandwich w baked Tater Tots and Whole kernel corn	<u>NO SCHOOL</u>



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Orange Cole Slaw	Tossed Green Salad	Carrot & Raisin Salad	Broccoli & Orange Salad	Carolina Slaw
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<u>Pizza Pizzazz</u> Freshly baked Buffalo Chicken or Roasted Vegetable Pizza served with Orange Cole Slaw	<u>Panini's</u> Ham & Cheese, Turkey & Swiss or Mozzarella, Tomato & Basil Panini	<u>Pizza by the Slice</u> Freshly baked White or Cheese Pizza served with Carrot & Raisin Salad	<u>Hail Caesar</u> Hearty Chicken Caesar Salad	<u>Hot off the Grill</u> Baked Filet-o-Fish or Chicken Sandwich served with Carolina Slaw
<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers



La Jolla Country Day School
Middle School Menu-June 4-8

EXPLORE

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<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
<u>Regional Flare</u> Southern Cuisine: Chicken pot pie with biscuit crust served with steamed collard greens and peach cobbler	<u>Bomber's Away</u> Meatball Parmesan Bomber, Philly Cheesesteak or Hummus & Roasted Veggie Bomber	<u>Favorites</u> Roasted Turkey with Cornbread stuffing, gravy and green beans	<u>Mmmm Gravy</u> Salisbury Steak with Mashed potatoes and mixed Vegetables	<u>Grade 8 Promotion Day</u> <u>EARLY DISMISSAL for</u> <u>Grades 5 & 6</u> <u>NO SCHOOL</u> <u>Grades 7 & 8</u>

STACKS

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THRIVE

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Classic Cole Slaw	Rainbow Slaw	Caesar Salad	Roasted Vegetable Salad	
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<u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Sub Culture</u> Select from Hummus Wrap, Chilly Philly and Turkey & Cheese subs served with rainbow slaw <u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Be a Noodle Maniac</u> Beefy Macaroni served with lightly tossed Caesar salad <u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	<u>Pizza by the Slice</u> Freshly baked Pepperoni or Cheese Pizza with tossed green salad <u>Burger Bash</u> Hamburgers, Cheeseburgers, Chicken Burgers or Veggie Burgers	
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