

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



Culinary corner

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, sides 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 Meat sauce over fettuccini or spaghetti noodles sides include garlic French bread and Caesar salad	<u>Mex to the Max</u> Grande Burritos with seasoned Beef, Chipotle Tofu, Pork Carnitas or blended Pinto Beans sides include Mexican Three Bean Salad	<u>Breakfast for Lunch</u> Cheesy scrambled Eggs, Country Potatoes and Fresh Fruit Or French Toast served with fruit compote and Turkey Bacon or Sausage	<u>Favorites</u> White Meat Chicken Bites served with macaroni and cheese, steamed broccoli and gravy. Buttermilk Biscuit	<u>Asian Express</u> Citrus Chicken or Garlic Sesame Tofu over blended Asian Rice Fortune Cookie

Simply to go

In a hurry? Grab a freshly made salad, sandwich or wrap. Turkey and cheese sandwich or classic chef salad available daily. Salads are made fresh daily with locally grown produce. Sandwiches and wraps are made with premium meats, gourmet cheeses and served on freshly baked rolls, whole wheat or flavored tortillas. Grab & go combo meals are \$5.00 which includes salad, sandwich or wrap with a choice of milk or water.


<u>Sandwiches & Wraps</u> Ham & Cheese Wrap or Roasted Turkey Sub served with fresh fruit <u>Salad Specials</u> Chicken Fajita Salad with stone ground tortilla chips	<u>Sandwiches & Wraps</u> turkey chipotle wrap or monster vegetable sandwich served with Mexican three bean salad <u>Salad Specials</u> Mexican Three Bean Salad	<u>Sandwiches & Wraps</u> Sausage, Potato and Cheese Burrito <u>Salad Specials</u> Fresh Fruit Salad	<u>Sandwiches & Wraps</u> Grilled Vegetable Caesar Wrap served fresh fruit <u>Salad Specials</u> Macaroni Salad	<u>Sandwiches & Wraps</u> Bacon Club Wrap or Buffalo Chicken Sandwich served Celery & Carrot Sticks <u>Salad Specials</u> Cobb Salad
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Garden fresh

Hand-pick your own salad from a variety of salad greens, vegetable crudités, fresh and chilled fruits, grains and proteins for \$0.75 per ounce.

Market

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>Stir it up Asian Style</u> Orange Chicken or Tropical Stir Fry served over Asian Noodles with fortune cookie <u>Pizza by the Slice</u> freshly baked Margarita or Pepperoni Pizza served with lightly tossed Caesar salad 	<u>Salsa Supreme</u> Fiesta Chicken or Beef Empanadas served with Mexican Three Bean Salad <u>Burger Bash</u> Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers	<u>Sub Culture</u> Chicken Caesar Wrap, Ham & Cheese or Turkey & Cheese Subs served 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 with Macaroni Salad <u>Hot off the Grill</u> Buffalo Chicken Sandwich, Gaucamole Burger, Spicy Black Burger with Mashed Potatoes.	<u>Pizza Pizzazz</u> Freshly Baked Mediterranean Roasted Vegetables, Cheese or Pepperoni Pizza <u>Burger Bash</u> Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers 
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menu subject to change

La Jolla Country Day School Upper School Menu- May 21-25



Culinary corner

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, sides and a choice of milk or water.

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
<p><u>Sandwiches with Attitude</u></p> <p>Hot Open-Faced Roast Beef sandwich w/ Mashed Potatoes and Gravy</p> <p>sides include sweet potato fries</p>	<p><u>Favorites</u></p> <p>Baked Lemon Chicken with Cilantro Rice and Vegetables</p>	<p><u>Use Your Noodle</u></p> <p>American Style Meat & Cheese or Vegetable Lasagna with Italian Vegetables</p> <p>Sides include savory breadsticks</p>	<p><u>Tater Temptation</u></p> <p>Top your hot Russet baked potato with buffalo chicken, fiesta beef or rainbow chili and all the fixings</p> <p>sides include whole grain garden fusilli salad</p>	<p><u>Old Fashioned Barbeque</u></p> <p>Turkey Hot Dogs, Beef Hamburgers, Pulled BBQ Pork Baked Beans, Cole slaw</p>

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<p><u>Sandwiches & Wraps</u></p> <p>Turkey wrap or Zesty Italian Sub served with Baked Chips</p> <p><u>Salad Specials</u></p> <p>Chicken Caesar Salad</p>	<p><u>Sandwiches & Wraps</u></p> <p>Greek Chicken Wrap or Caesar Chicken Wrap served with fresh fruit</p> <p><u>Salad Specials</u></p> <p>Hearty Garden Salad</p>	<p><u>Sandwiches & Wraps</u></p> <p>Buffalo Chicken Wrap or American Assorted Sub served Baked Chips</p> <p><u>Salad Specials</u></p> <p>Tomato Cucumber Salad</p>	<p><u>Sandwiches & Wraps</u></p> <p>Turkey & Cheese Wrap or Roasted Veggie Wrap served with fresh fruit</p> <p><u>Salad Specials</u></p> <p>Whole Grain garden Fusilli Salad</p>	<p><u>Sandwiches & Wraps</u></p> <p>BLT Wrap or Lemon Peppered Tuna Sub served with cilantro lime slaw</p> <p><u>Salad Specials</u></p> <p>Home Style Potato Salad</p>
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<p><u>Hot off the Grill</u></p> <p>Salsa Chicken Burger, Cajun burger, Spicy chicken burger served with sweet potato fries</p> <p><u>Burger Bash</u></p> <p>Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers</p>	<p><u>Sub Culture</u></p> <p>Greek Chicken Wrap or Turkey & Cheese Subs served with fresh fruit</p> <p><u>Pizza by the Slice</u></p> <p>freshly baked pepperoni & jalapeno, Italian sausage or cheese pizza served with freshly tossed salad</p>	<p><u>Great American Burgers</u></p> <p>Bacon Cheeseburger, Spicy Black Bean or Grilled Chicken Burgers served with Cucumber and Tomato Salad</p>	<p><u>Pizza Pizzazz</u></p> <p>Freshly Baked Hawaiian Pizza</p> <p><u>Burger Bash</u></p> <p>Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers</p>	<p><u>Mex to the Max</u></p> <p>Vegetarian or Chicken Fajita Bowl served with Cilantro Lime Rice and Seasoned Black Beans</p> <p><u>Hot off the Grill</u></p> <p>Italian Sausage with sautéed Peppers and Onions</p>
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menu subject to change



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



Culinary corner

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<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>
<u>SCHOOL CLOSED – Memorial Day</u>	<u>Pasta Pronto</u> Roasted Herb Vegetables, or Meat Lovers sauce over Farfalle or Penne sides include savory breadsticks and tossed green salad	<u>Soup Du Jour</u> Chicken Noodle, Creamy Tomato Basil or Vegetable Minestrone with Crackers and fresh fruit served with carrot & raisin salad	<u>Sloppy Thursday</u> Sloppy Joe Sandwich with Baked Tater Tots and Whole Kernel Corn sides include broccoli & orange salad and fresh fruit	<u>COMMENCEMENT DAY CONGRATULATIONS CLASS OF 2012</u> <u>NO SCHOOL</u> <u>No lunches next week – early dismissal</u>

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<u>Sandwiches & Wraps</u> Crispy Chicken Wrap or Roast Beef Sub served with fresh fruit <u>Salad Specials</u> Orange Cole Slaw	<u>Sandwiches & Wraps</u> chef salad wrap or chicken salad sandwich served with skinny dippers <u>Salad Specials</u> Chef salad	<u>Sandwiches & Wraps</u> chicken Caesar wrap or tandoori vegetable pita served with carrot & raisin salad <u>Salad Specials</u> Carrot Raisin Salad	<u>Sandwiches & Wraps</u> tuna salad wrap or classic club sandwich served with fresh fruit <u>Salad Specials</u> Broccoli Orange salad	
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Market

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<u>Pizza Pizzazz</u> Freshly baked Buffalo Chicken, roasted vegetable or pepperoni pizza served with orange cole slaw <u>Burger Bash</u> Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers 	<u>Panini's</u> Ham & Cheese, Turkey & Swiss or Mozzarella, Tomato and Basil panini's <u>Burger Bash</u> Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers	<u>Pizza by the Slice</u> freshly baked white, cheese or pepperoni pizza served with carrot & raisin salad <u>Burger Bash</u> Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers menu subject to change	<u>Hail Caesar</u> Hearty Chicken Caesar Salad <u>Burger Bash</u> Hamburgers, Cheese Burgers, Chicken Burgers, Veggie Burgers 	
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