



Wyoming Seminary Lower School Fall Semester Menu

	Monday 27-Nov	Tuesday 28-Nov	Wednesday 29-Nov	Thursday 30-Nov	Friday 1-Dec
	Cheese Tortellini w/ Marinara Sautéed Green Beans	Italian Baked Chicken Normandy Blend	Stuffed Shells w/ Tomato Blush Sauce Roasted Squashes w/ Tomatoes	Sweet & Sour Chicken Garlic Broccoli Florets	Broiled Cod Loin w/ Creamy Dill Sauce Capri Vegetables
	Grilled Hot Dog Baked Beans	Baked Penne Pasta Roasted Potatoes	Turkey Americana Crunchy Potatoes	Mei Fun Vegetable Fried Rice	Cheese Pizza Pepperoni Pizza
	Turkey Salami Provolone	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Ham American	Turkey Salami Provolone
Pre-made Sandwich	~Italian Sub~ Ham, Salami, Pepperoni, Provolone, L&T, Italian Dressing & Spices	~Turkey Ranchero Wrap~ Turkey, Cheddar, L&T, Salsa Ranch Dressing in a Wrap	~HLTS~ Hummus, Lettuce, Tomato & Spinach in a Pita Pocket	~Ham & Cheddar Kaiser~ Shaved Ham, Honey Mustard, Cheddar, L&T, on a Kaiser	~Buffalo Chicken Wrap~ Julienne Chicken, Bleu Cheese, L&T in a Wrap
	Chicken Rice	Creamy Tomato	Beef & Mushroom	Vegetable Noodle	Turkey Corn Chowder
	Macaroni Salad Peaches n Cream	Diced Pears Tuna Salad	Ambrosia Salad Chicken Salad	Spinach Gomaae Salad Egg Salad	Carrot Raisin Salad Potato Salad
Just Desserts	Ice Cream	Fudge Brownies	Chocolate Cake w/ Vanilla Frosting & Sprinkles	Fruited Jell-O Parfaits	Assorted Cookies
Vegan	Vegetarian	Super Naturals	Live Well	Contains Shellfish	Contains Tree Nuts

*Individual Cereals, Bagels, Peanut Butter & Jelly, Steamed Jasmine Rice, Full Salad Bar, Condiment Area - offered daily

**Drink Station: Iced Tea, Lemonade, Raspberry Tea, Ice Water Drink Decanters

***Carton Beverages: FF Chocolate, 2% White Milk, Fat Free Milk, Apple Drink, Orange Drink, Fruit Punch

****Consumer Advisory - all foods are cooked to the required minimum temperature



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	Monday 4-Dec	Tuesday 5-Dec	Wednesday 6-Dec	Thursday 7-Dec	Friday 8-Dec
	 Macaroni & Cheese  Fresh Vegetables	<p style="text-align: center;"><i>~Taco Tuesday~</i></p> Beef Tacos  Corn	Honey BBQ Chicken  Peas & Carrots	 Spaghetti w/ Tomato Basil Sauce  Ratatouille	Hot Turkey & American  Mixed Vegetables
	Chicken Nuggets  Chopped Salad w/ Garbanzos & Balsamic	 Cheese Quesadilla  Tex Mex Rice Blend	Beer Battered Cod Loin  Curly Fries	Meatballs Marinara Garlic Bread	 Cheese Pizza Chicken Alfredo Pizza
	Turkey Salami Swiss	Turkey Roast Beef Provolone	Turkey Ham American	Turkey Salami Swiss	Turkey Ham American
Pre-made Sandwich	 <i>~Egg Salad~</i> House Made Egg Salad on 12 Grain w/ Spring Greens	 <i>~Curried Chicken Salad~</i> Lettuce, Tomato, Toasted Baguette	 <i>~Roast Beef Bagel~</i> Caramelized Onions, Swiss, Horsey Sauce, L&T	 <i>~Turkey BLT Wrap~</i> Shaved Turkey, Bacon, L&T, Mayo in a Wrap	 <i>~Tuna Bruschetta~</i> Tuna Salad, Lettuce & Bruschetta Tomatoes, on an Everything Bagel
	Loaded Potato	Ham & Bean	Italian Chicken	 Cream of Broccoli	 Manhattan Clam Chowder
	 Country Macaroni Salad Chicken Salad	 Greek Pasta Salad  Crab Salad	 Diced Peaches  Egg Salad	 Mediterranean Garbanzo Salad Tuna Salad	 Coleslaw  Italian Pasta Salad
	Blueberry Lemon Pie	Snickerdoodles	Strawberry Shortcake	Oreo Cake w/ Chocolate Icing	Jell-O Cake
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	Monday 11-Dec	Tuesday 12-Dec	Wednesday 13-Dec	Thursday 14-Dec	Friday 15-Dec
	 Pierogies  Fresh Vegetables	Chicken Cheesesteak  Glazed Carrots	 ~Breakfast for Lunch~ Scrambled Eggs  French Toast Sticks	<div style="background-color: red; color: white; padding: 5px; text-align: center;">~Christmas Dinner~ Baked Honey Ham</div>  Scalloped Potatoes	Buffalo Chicken Pasta Bake  Broccoli & Mushrooms
	Chicken Tenders  Shoestring Fries	 Baked Pasta  Santa Fe Rice Blend	Sausage Links  Hash Brown Patties	<div style="background-color: red; color: white; padding: 5px; text-align: center;">Four Cheese Lasagna</div>  Fresh Vegetables	Cheese Pizza  Tomato & Ricotta Pizza
	Turkey Salami American	Turkey Ham Cheddar	Turkey Salami Pepper Jack	<div style="background-color: red; color: white; padding: 5px; text-align: center;">Turkey</div> <div style="background-color: green; color: white; padding: 5px; text-align: center;">Salami</div> <div style="background-color: red; color: white; padding: 5px; text-align: center;">Pepper Jack</div>	Turkey Ham Swiss
Pre-made Sandwich	~Black & Bleu Wrap~ Roast Beef, Bleu Cheese, Horsey Sauce, L&T, Red Onion in a Wrap	 ~Honey Hammer~ Honey Ham, Cheddar Cheese, L&T, Honey Mustard on a Pretzel Roll	 ~Crab Salad Croissant~ Baby Greens	 ~Roasted Vegetable Wrap~ Lettuce, Tomato, Hummus	~Tuna Bruschetta~ Tuna Salad, Lettuce & Bruschetta Tomatoes, on an Everything Bagel
	Italian Wedding	 Cream of Mushroom	 Cauliflower Cheddar	<div style="background-color: red; color: white; padding: 5px; text-align: center;">Chicken Noodle</div>	 Southern Bayou Clam Chowder
	 Ambrosia Salad Tuna Noodle Salad	 Potato Salad  Orange Wedges	 Coleslaw  Egg Salad	 Fresh Fruit <div style="background-color: red; color: white; padding: 5px; text-align: center;">Cranberry Chicken Salad</div>	 Tuna Noodle Caesar Chicken Salad
	Vanilla Granola Parfaits	Chocolate Crème Pie	Donuts & Danish	<div style="background-color: green; color: white; padding: 5px; text-align: center;">Fresh Baked Cookies Hot Chocolate Bar</div>	Pineapple Upside Down Cake
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	Monday 18-Dec	Tuesday 19-Dec	Wednesday 20-Dec	Thursday 21-Dec	Friday 22-Dec
<i>Main Plate</i>	 Penne w/ Broccoli Alfredo  Sautéed Vegetable Medley	BBQ Pork Sandwich  Steamed Cauliflower	 Teriyaki Chicken and Broccoli  Green Beans w/Baby Corn	 Breaded Chicken Wing Sandwich  Capri Vegetables	Thank You See You Next Year!!!
J. CLARK'S GRILLE	Crispy Chicken Patty  Chopped Caesar Salad	 Grilled Cheese  Cajun Potato Chips	 Veggie Lo Mein  Jasmine Rice	 Cheese Pizza  White Tomato Pizza	
MARKET ST. DELI	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Ham American	Turkey Salami Provolone	
Pre-made Sandwich	 ~Strawberry Apple Wheat- Fresh Sliced Apples Marshmallow Cream, on Wheat Bread	~ Tuna Croissant~	Chicken Salad on a Kaiser	Turkey Cheese Ranchero Wrap	
duJour	 Chicken Noodle	 Tomato Soup	 Oriental Shrimp Chili	Creamy Turkey	
Green scene <i>farm to table fare</i>	 Diced Pears Tuna Salad	 <i>Super Naturals</i> Quinoa Tabouleh  Chicken Salad	 <i>Super Naturals</i> Spinach Salad  Egg Salad	 Carrot Raisin Salad  Potato Salad	
Just Desserts	Ice Cream	Chocolate Cake w/ Vanilla Frosting & Sprinkles	Assorted Cakes	Assorted Cookies	
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