





























































Wyoming Seminary Lower School Spring Semester Menu

	Monday 8-May	Tuesday 9-May	Wednesday 10-May	Thursday 11-May	Friday 12-May
<i>Main Plate</i>	Manicotti	<i>~Taco Tuesday~</i> Beef Tacos	Grilled Hot Dog	<i>~Breakfast for Lunch~</i> Scrambled Eggs	Beer Battered Cod
	Tossed Italian Salad	Rice w/ Tomatoes & Scallions	String Beans	Sausage Links	Fresh Vegetables
J. CLARK'S GRILLE	Chicken Patty	Tex Mex Haddock	Grilled Cheese	Pancakes w/ Maple Syrup	Cheese Pizza
	Parmesan Potato Chips	Cajun Roasted Carrots	Shoestring Fries	Tri Taters	Pepperoni Pizza
MARKET ST. DELI	Turkey Ham Swiss	Turkey Salami Provolone	Turkey Pepperoni American	Turkey Ham Cheddar	Turkey Salami American
<i>Pre-made Sandwich</i>	<i>~Turkey Croissant~</i> Turkey/ Swiss/ Honey Mustard/ L&T/ on a Croissant	<i>~Meatlovers Wrap~</i> Ham/ Salami/ Roast Beef/ Turkey/ LTO/ Balsamic Mayo	<i>~Strawberry Flufferwheat~</i> Fresh Sliced Strawberries/ Marshmallow Cream/ on Wheat Bread	<i>~Buffalo Chicken Hoagie~</i> American/ L&T/ Wing Sauce/ Bleu Cheese Dressing	<i>~Ham & Cheese Pretzel~</i> Bavarian Ham/ Swiss/ L&T/ Maple Aioli/ Pretzel Roll
du Jour	Chicken Noodle	Santa Fe Cheese Soup	Tomato Rice	Beef & Potato	Cream of Broccoli
Super NATURALS™	Macaroni Salad	Potato Salad	Coleslaw	Fresh Fruit Salad	Italian Pasta Salad
Green scene <i>farm to table fare</i>	Tuna Salad	Broccoli Bacon Salad	Egg Salad	Julienne Turkey	Chicken Salad
Just Desserts	Ice Cream Cups	Cookies	White Cake w/ Vanilla Icing & Sprinkles	Danish & Donuts	Strawberries Romanoff
Ve Vegan	V Vegetarian	local Locally Sourced	Live Well Live Well	 Contains Shellfish	WARNING! CONTAINS NUTS Contains Tree Nuts
<p>*Individual Cereals, Bagels, Peanut Butter & Jelly, Steamed Jasmine Rice, Full Salad Bar, Condiment Area - offered daily</p> <p>**Drink Station: Iced Tea, Lemonade, Raspberry Tea, Ice Water Drink Decanters</p> <p>***Carton Beverages: FF Chocolate, 2% White Milk, Fat Free Milk, Apple Drink, Orange Drink, Fruit Punch</p> <p>****Consumer Advisory - all foods are cooked to the required minimum temperature</p>					 <p>Metz CULINARY MANAGEMENT</p>

Wyoming Seminary Lower School Spring Semester Menu

	Monday 15-May	Tuesday 16-May	Wednesday 17-May	Thursday 18-May	Friday 19-May
<i>Main Plate</i>	Tortellini w/ Alfredo 	<i>~Taco Tuesday~</i> Turkey Tacos 	Macaroni & Cheese 	Spaghetti w/ Tomatoes & Garlic 	Rigatoni w/ Sausage/ Spinach & Ricotta 
	Peas & Carrots 	Red Beans & Rice 	Normandy Vegetables 	Lemon Pepper Roasted Cauliflower 	Steamed Vegetables 
J. CLARK'S GRILLE	Hot Ham & Cheese w/ Honey Mustard 	Cheese Quesadilla 	Chicken Nuggets 	Philly Cheesesteak 	Cheese Pizza 
	Pretzels 	Green Beans & Mushrooms 	Spinach Salad w/ Apple Cider Vinaigrette 	Tater Tots 	Sicilian Pizza 
MARKET ST. DELI	Turkey Ham American	Turkey Bologna Swiss	Turkey Roast Beef American	Turkey Ham Cheddar	Turkey Salami American
<i>Pre-made Sandwich</i>	<i>~Curried Chicken Salad~</i> Lettuce/ Tomato/ Toasted Baguette 	<i>~Turkey Guacamole Wrap~</i> Shaved Turkey/ Cheddar/ L&T/ Guacamole & Salsa in a Wrap 	<i>~Black & Bleu Wrap~</i> Roast Beef/ Bleu Cheese/ Horsey Sauce/ L&T/ Red Onion in a Wrap 	<i>~Egg Salad Pita~</i> Lettuce & Tomato on a Pita 	<i>~Roast Beef Sliders~</i> Shaved Roast Beef/ Provolone/ Horsey Sauce/ L&T on Slider Rolls 
du Jour	Vegetable Noodle 	Chicken Black Bean Chili 	New England Clam Chowder 	Italian Wedding 	Chicken Corn Chowder 
Super NATURALS™	Cinnamon Applesauce 	Three Bean Salad 	Caprese Salad 	Garbanzo Salad 	Oranges Wedges 
Green scene <i>farm to table fare</i>	Chicken Salad 	Cajun Shrimp Salad 	Hummus & Carrots 	Tuna Salad 	Crumbled Bacon 
Just Desserts	Andes Candy Pie	Churros	Chocolate Cake w/ Fudge Frosting	Brownies	Ice Cream
 Vegan	 Vegetarian	 Locally Sourced	 Live Well	 Contains Shellfish	 Contains Tree Nuts
<p>*Individual Cereals, Bagels, Peanut Butter & Jelly, Steamed Jasmine Rice, Full Salad Bar, Condiment Area - offered daily</p> <p>**Drink Station: Iced Tea, Lemonade, Raspberry Tea, Ice Water Drink Decanters</p> <p>***Carton Beverages: FF Chocolate, 2% White Milk, Fat Free Milk, Apple Drink, Orange Drink, Fruit Punch</p> <p>****Consumer Advisory - all foods are cooked to the required minimum temperature</p>					 <p>Metz CULINARY MANAGEMENT</p>

Wyoming Seminary Lower School Spring Semester Menu

	Monday 22-May	Tuesday 23-May	Wednesday 24-May	Thursday 25-May	Friday 26-May
	Sweet & Sour Chicken	<i>~Taco Tuesday~</i> Beef Tacos	BBQ Pulled Pork	Pasta Cucina	Field Day
	Steamed Rice	Cajun Roasted Red Potatoes	Broccoli Florets	Fresh Vegetables	Grilled Hamburgers
	Teriyaki Haddock	Vegetable Fajitas	Grilled Cheese	Chicken Tenders	Grilled Hot Dogs
	Sautéed Squashes	Steamed Vegetables	House Made Potato Chips	Fried Potatoes	Salads/ Fruit
	Turkey Roast Beef Cheddar	Turkey Ham Swiss	Turkey Bologna Pepperjack	Turkey Pulled Chicken American	
	Pre-made Sandwich ~Big Bologna Bagel- Bologna/ Cheddar/ Lettuce/ Grilled Onions/ Tomatoes/ Honey Mustard on an Everything Bagel	~Turkey Ranchero Wrap~ Turkey/ Cheddar/ L&T/ Salsa Ranch Dressing in a Wrap	~Tavern Ham & Swiss~ Shaved Ham/ Swiss/ L&T/ Spicy Mustard/ Crusty Hard Roll	~Peanut Butter Wrap~ Peanut Butter/ Banana/ Honey in a Wrap	
	Turkey Florentine	Chicken Tortilla	Creamy Tomato	Loaded Potato	
	Broccoli Ranch Shells	Corn Salad	Marinated Tomato Salad	Macaroni Egg Salad	
	Tuna Salad	Sliced Pepperoni	Gourmet Chicken Salad	Carrot Raisin Salad	
	Just Desserts Chocolate Oreo Spooner	Funnel Cakes	Jell-O Cake w/ Whip Cream	Ice Cream Sandwiches	
 Ve Vegan	 V Vegetarian	 local Locally Sourced	 Live Well Live Well	 Contains Shellfish	 WARNING! CONTAINS NUTS Contains Tree Nuts
<p>*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</p>					