

# Wyoming Seminary Lower School Fall Semester Menu

	Monday 10-Sep	Tuesday 11-Sep	Wednesday 12-Sep	Thursday 13-Sep	Friday 14-Sep
<i>Main Plate</i>	Beer Battered Cod  Fresh Veggies 	Ham & Swiss  Sautéed Squashes & Carrots 	Italian Stromboli  Green Beans w/ Garlic & Tomatoes 	Shepherds Pie  Creamed Spinach 	Bacon Wrapped Pork Loin  Honey Glazed Carrots w/ Cranberries 
	 Grilled Hot Dog  Parmesan Potato Chips 	Grilled Cheese  Tater Tots 	Manicotti  Caesar Salad 	Halushki  Roasted Broccoli & Cauliflower 	Cheese Pizza  Buffalo Chicken Pizza 
 Turkey Salami Swiss	Turkey Roast Beef Provolone	Turkey Ham American	Turkey Salami Swiss	Turkey Ham American	
<i>Pre-made Sandwich</i>	 ~Egg Salad~ House Made Egg Salad on 12 Grain w/ Spring Greens	 ~Chicken Ranch Wrap~ Chicken/ Spinach/ Tomatoes/ Ranch/ Cheddar	 ~Bavarian Pretzel Sammie~ Bavarian Ham/ Cheddar/ Lettuce/ Tomato/ on a Pretzel Twist w/ Spicy Mustard	 ~The New Yorker~ Pastrami/ Corned Beef/ Coleslaw on a Pretzel Roll	 ~Shrimp Salad Croissant~ Baby Greens/ Roma Tomatoes/ Maryland Spices
  Vegetable Noodle 	 Creamy Tomato	 Ham & Potato 	 Sausage & Bean 	 Cream of Broccoli	
  Chicken Salad 	 Tuna Salad 	 Crumbled Bacon 	 Balsamic Mushroom Salad 	 Asian Noodles 	
  Orange Wedges 	 Italian Pasta Salad	 Caprese Salad	 Buffalo Chicken Pasta Salad	 Pickled Eggs	
 Banana Crème Pie	Rice Pudding	Campfire Bar	Chocolate Cake w/ Vanilla Icing & Sprinkles	Cookies	
 Vegan	 Vegetarian	 Live Well	 Contains Shellfish	 Locally Sourced	 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

