

Wyoming Seminary Lower School Fall Semester Menu

	Monday 8-Oct	Tuesday 9-Oct	Wednesday 10-Oct	Thursday 11-Oct	Friday 12-Oct
<i>Main Plate</i>	No School	Enme w/ Broccoli Alfredo Sautéed Vegetable Medley	Breaded Cod Curry Roasted Cauliflower	General Tsao's Chicken Green Beans	Crab Cakes Capri Vegetables
J. CLARK'S GRILLE		Crispy Chicken Patty Chopped Caesar Salad	Grilled Cheese Old Bay Potato Chips	Sesame Noodles Vegetable Fried Rice	Cheese Pizza White Mushroom & Tomato Pizza
MARKET ST. DELI		Turkey Ham American	Turkey Roast Beef Swiss	Turkey Ham American	Turkey Salami Provolone
Pre-made Sandwich		~Strawberry Fluff~ Fresh Sliced Strawberries, Marshmallow Cream, on Wheat Bread	~Hawaiian Tuna Croissant~ Tuna Salad w/ Pineapple, L&T, on a Buttery Croissant	~Asian Chicken Salad~ Lo Mein Noodles, Cabbage, Carrots, Red Onion, Scallions, Toasted Sesame Dressing, Crispy Chicken	~Tavern Ham & Swiss~ Shaved Ham, Swiss, L&T, Spicy Mustard, Crusty Hard Roll
du Jour		Chicken Noodle	Tomato Soup	Chili	Creamy Chicken
green scene farm to table fare Super NATURALS		Diced Pears Italian Bean Salad	Tuna Salad Apple Chicken Salad	Roasted Turkey Macaroni Salad	Potato Salad Carrot Raisin Salad
Just Desserts		Ice Cream	Chocolate Cake w/ Vanilla Frosting & Sprinkles	Rice Krispy Treats	Assorted Cookies
Vegan	Vegetarian	Super Naturals	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>					