







Wyoming Seminary Lower School Spring Semester Menu

	Monday 14-Jan	Tuesday 15-Jan	Wednesday 16-Jan	Thursday 17-Jan	Friday 18-Jan
	Warsaw Wings 	~Taco Tuesday~ Beef Tacos 	Broccoli & Cheese Baked Shells 	Fettuccini Alfredo 	Haddock Provencal
	Cauliflower/ Spinach & Carrots 	Chopped Salad w/ Zesty Ranchero Dressing 	Normandy Blend 	Chopped Caesar Salad 	Steamed Vegetables
	Chicken Tenders 	Cheese Quesadilla	Grilled Turkey Reuben	Meatball Sub 	Cheese Pizza
	Crinkle Cut Fries 	Cumin Squashes 	Soft Pretzels w/ Cheese Sauce 	Ratatouille 	White Broccoli Pizza
	Turkey	Turkey	Turkey	Turkey	Turkey
	Ham	Bologna	Roast Beef	Ham	Salami
American	Swiss	American	Cheddar	American	
Pre-made Sandwich	~Roast Beef Bagel~ Shaved Beef/ Cheddar/ L&T/ Onion/ Horsey Sauce	~Turkey Guacamole Wrap~ Shaved Turkey/ Cheddar/ L&T/ Guacamole & Salsa in a Wrap	~The New Yorker~ Pastrami/ Cornbeef/ Swiss/ Coleslaw on Seeded Rye	~Caprese Baguette~ Fresh Mozzarella/ Roma Tomatoes/ Roasted Peppers/ Basil/ Olive Oil/ Spring Mix	~Muffaletta~ Ham/ Salami/ Turkey/ Provolone/ Olive Salad/ L&T/ on a French Loaf
	Turkey Corn Chowder 	Sausage & Pepper Soup 	Seafood Minestrone 	Beef Barley 	Vegetarian Vegetable
	Country Potato Salad 	Edamame Salad 	Macaroni Salad 	Tortellini Salad 	Carrots Raisin Salad 
	Chicken Salad	Crab Salad 	Egg Salad 	Caribbean Chicken Salad 	Tuna Salad
	S'more Parfaits	Rice Krispy Treats	Jell-O	Strawberry Shortcake	Ice Cream Sandwiches
 Vegan	 Vegetarian	 Locally Sourced	 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

