

Wyoming Seminary Lower School Spring Term Menu

	Monday 16-Apr	Tuesday 17-Apr	Wednesday 18-Apr	Thursday 19-Apr	Friday 20-Apr
<i>Main Plate</i>	Baked Meatballs  Garlic Bread	Grilled BBQ Chicken  Sautéed Squashes	 Italian Stromboli w/ Marinara  Ratatouille	 Macaroni & Cheese  Caesar Salad	 Seafood Fra Diavolo w/ Gemelli Pasta  Broccoli & Mushrooms
J. CLARK'S GRILLE	 Spaghetti Marinara  Fresh Vegetables	 Broiled Fish Tacos w/ Red Cabbage Slaw  Red Beans & Rice	 Zucchini & Spinach Frittata  Baby Greens w/ Garbanzos & Vegetables	 BBQ Pork Sandwich  Crispy Sea Salt & Black Peppers Chips	 Cheese Pizza  Tomato & Ricotta
MARKET ST. DELI	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Salami Cheddar	Turkey Pastrami American	Turkey Ham Swiss
<i>Pre-made Sandwich</i>	~Beef Bistro Sandwich~ Roast Beef/Roasted Peppers/L/T/O/ Roasted Garlic Spread on Marble Rye	~Turkey Ranchero Wrap~ Turkey/Cheddar/ L&T/ Salsa Ranch Dressing	 ~Crabby Bagels~ Crab Salad/ Lettuce/ Tomato/ Fresh Herbs on a Bagel	~Ole Italian Hoagie~ Capicola/ Salami/ Pepperoni/ Provolone/ Fresh Mozzarella/ Lettuce/ Tomato/ Onion/ Seasonings	 ~HLTS~ Hummus/ Lettuce/ Tomato & Spinach in a Pita Pocket
du Jour	Italian Wedding	 Creamy Broccoli w/ Jalapeno PepperJack	 Chicken Mushroom Noodle	 Potato Soup	 Southern Bayou Fish Chowder
green scene <i>farm to table fare</i>	 Julienne Turkey  Tomatoes Oreganatto	 Tuna Salad  Macaroni Egg Salad	 Egg Salad  Asian Broccoli Salad	Apple Chicken Salad  Mandarin Oranges	 Seafood Salad  Firecracker Coleslaw
Super NATURALS™					
Just Desserts	Citrus Jell-O	Chocolate Chip Cookies	Orange Cake	Fudge Brownies	Apple Pie
 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

