

Wyoming Seminary Lower School Spring Semester Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	6-May	7-May	8-May	9-May	10-May
Main Plate	 Pasta Marinara  Green Beans	 Cavatappi w/ Spinach, Mushrooms, Tomatoes & Basil Olive Oil  Roasted Vegetables	 Chicken Spiedies  Steamed Rice Blend	 Turkey Burger  Capri Vegetables	 Honey Dijon Baked Salmon  Fresh Vegetables
J. CLARK'S GRILLE	 Aussie Chicken (Bacon/ Cheddar/ Honey Mustard)  Baby Green Salad	 Cheeseburger  Shoestring Fries	 Teriyaki Ginger Vegetable Stir Fry  Sautéed Squashes	 Gemelli w/ Tomato Basil  Homemade Chips	 Cheese Pizza  Mega Veggie Pizza
MARKET ST. DELI	Turkey Roast Beef Swiss	Turkey Salami Provolone	Turkey Ham American	Turkey Salami Swiss	Turkey Ham American
Pre-made Sandwich	~Turkey Ranchero~ Turkey/ Cheddar/ L&T/ Bacon/ Ranch Mayo in a Wrap	~Beef & Bleu~ Shaved Roast Beef/ Bleu Cheese/ L&T/ Mayo/ Red Onion/ Crusty Roll	~Ham Salad~ Traditional Ham Salad/ L&T/ Deli Rye Bread/ Pickles	 ~Mushroom Ditalini Salad~ Peppers/ Onions/ Carrots/ Olives/ Lettuce/ Tomatoes	~Pepperoni & Cheese~ Pepperoni & Provolone/ L&T/ Crusty Roll
du Jour	 Shrimp Bisque	Beef Vegetable	 Cauliflower & Cheddar	Chicken Chili	Baked Potato & Cheese Soup
green scene <small>farm to table fare</small>	 Pears	 Country Macaroni Salad	 Tomatoes Oreganatto	 Fruit Salad	Broccoli Bacon Salad
Super NATURALS™	Ham Salad	Tuna Salad	Orchard Chicken Salad	 Egg Salad	 Seafood Salad
Just Desserts	Cookies & Crème Pie	Yogurt Parfaits	Strawberry Shortcake	Boston Crème Cake	Ice Cream
 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					