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	Monday 4-Oct	Tuesday 5-Oct	Wednesday 6-Oct	Thursday 7-Oct	Friday 8-Oct
	 ~Meatless Monday~ Shrimp Tacos  Creamy Coleslaw	 ~Veg~ Penne w/ Broccoli Alfredo  Sautéed Vegetable Medley	Breaded Cod  Curry Roasted Cauliflower	General Tao's Chicken  Green Beans	No School
	 Triple Cheese Mac n Cheese  Roasted Broccoli	Chicken Parmesan  Chopped Caesar Salad	 Hot Ham & Cheese  Couscous w/ Carrots & Olive Oil	 Sesame Noodles  Vegetable Fried Rice	
	Turkey Salami Provolone	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Ham American	
Pre-made Sandwich	 ~Strawberry Flufferoheat~ Fresh Sliced Strawberries/ Marshmallow Cream/ on Wheat Bread	 ~Tavern Ham & Swiss~ Shaved Ham/ Swiss/ L&T/ Spicy Mustard/ Crusty Hard Roll	 ~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	
	Creamy Chicken	Italian Wedding Soup	Turkey Noodle	Chicken Rice w/ Ginger & Soy	
	 Potato Salad  Carrot Raisin Salad	 Julienne Chicken  Italian Pasta Salad	 Diced Pears  Apple Chicken Salad	Roasted Turkey  Macaroni Salad	
	Lemon Meringue Pie	Ice Cream	Chocolate Cake w/ Vanilla Frosting & Sprinkles	Rice Krispy Treats	
 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>					



Wyoming Seminary Lower School Fall Semester Menu

	Monday 11-Oct	Tuesday 12-Oct	Wednesday 13-Oct	Thursday 14-Oct	Friday 15-Oct
<i>Main Plate</i>	No School	~Taco Tuesday~ Beef Tacos Fresh Vegetables	Pasta Primavera Broccoli & Cauliflower	Lasagna Ratatouille	No School
J. CLARK'S GRILLE		Chili Rellenos Casserole Santa Fe Rice	California Chicken Cheesesteak House Made Chips	Grilled Cheese Roasted Baked Potato Wedges	
MARKET ST. DELI		Turkey Roast Beef Provolone	Turkey Ham American	Turkey Salami Swiss	
Pre-made Sandwich		~Chicken Salad Sliders~ Baby Greens	~Turkey Ranch Wrap~ Turkey/ Shredded Cheddar/ Lettuce/ Tomato & Zesty Ranch in a Variety of Wraps	~Muffaletta~ Ham/ Salami/ Roast Beef/ Provolone/ L&T/ Olive Salad on French	
du Jour		Black Bean Soup	Seafood Bisque	Tomato Soup	
green scene <i>farm to table fare</i> Super NATURALS		Crab Salad Orange Segments	Diced Peaches Egg Salad	Crumbled Bacon Mediterranean Garbanzo Salad	
Just Desserts		Fudge Brownies	Strawberry Shortcake	Oreo Cake w/ Chocolate Icing	
Ve Vegan	V Vegetarian	Super NATURALS Super Naturals	Live Well Live Well	Contains Shellfish	WARNING! CONTAINS NUTS Contains Tree Nuts

*Individual Cereals, Bagels, Peanut Butter & Jelly, Steamed Jasmine Rice, Full Salad Bar, Condiment Area - offered daily

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Wyoming Seminary Lower School Fall Semester Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
	 Tortellini w/ Tomato Blush Sauce  Fresh Vegetables	 Vegetable Chili  White Rice	 ~Oktoberfest~ Apple Cider Glazed Chicken  Sautéed Cabbage w/ Carrots	 Fettuccini Alfredo  Steamed Vegetables	Sloppy Joes Roasted Broccoli Spears
	Grilled Cheeseburger  Shoestring Potatoes	Chicken Nuggets  Broccoli	 Pierogies w/ Onions  Potato Pancakes	Bourbon Pork BBQ  Garlic Breadsticks	 Cheese Pizza  Grandma Pizza
	Turkey Salami American	Turkey Ham Cheddar	Turkey Roast Beef American	Turkey Salami Pepper Jack	Turkey Ham American
Pre-made Sandwich	 ~Big Bologna Bagel~ Bologna/ Cheddar/ Lettuce/ Grilled Onions/ Tomatoes/ Honey Mustard on an Everything Bagel	 ~Roasted Vegetable Hoagie~ Lettuce/ Tomato/ Hummus	 ~Honey Hammer~ Honey Ham/ Cheddar Cheese/ L&T/ Honey Mustard on a Pretzel Roll	 ~Tuna Wrap~ Tuna Salad/ Banana Peppers/ American Cheese/ L&T	 ~Peanut Butter and Apple~
	 Cream of Cauliflower	Meatball & Orzo w/ Tomato Broth	Bratwurst & Potato Soup	Chili	 Mushroom Lentil & Bean
	 Ambrosia Salad  Lemon Garlic Hummus	 Buffalo Chicken Pasta  Fresh Fruit	German Potato Salad Tuna Salad	 Fresh Fruit Cranberry Chicken Salad	 Italian Pasta Salad  Citrus Coleslaw
	Vanilla Granola Parfaits	Chocolate Chip Cookies	 German Choco Cake	Orange Cake	Apple Pie
 Vegan	 Vegetarian	 Super Naturals	 Live Well	 Contains Shellfish	 Contains Tree Nuts

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Wyoming Seminary Lower School Fall Semester Menu

	Monday 25-Oct	Tuesday 26-Oct	Wednesday 27-Oct	Thursday 28-Oct	Friday 29-Oct
<i>Main Plate</i>	Meatball Parm Sub	Herb Roasted Chicken Breast	~Breakfast for Lunch~ Scrambled Eggs	Tilapia w/ Vegetable Noodles	~Happy Halloween~ Were Wolf Claws (Chicken Tenders)
	 Vegetable Medley	 Cajun Corn & Red Beans	 Crispy Cubes	 Chopped Italian Salad	 Boiled Grubs & Worms (Beans & Carrots)
J. CLARK'S GRILLE	 Grilled Cheese	 Cheese Quesadilla	Sausage Patties	 Cheese Pizza	 Butterfly Boil (Farfalle Marinara)
	 House Made Chips	 Spanish Rice	Waffles	 Pepperoni Pizza	~Happy Halloween~ Were Wolf Claws (Chicken Tenders)
MARKET ST. DELI	Turkey	Turkey	Turkey	Turkey	 Boiled Grubs & Worms
	Roast Beef	Ham	Pepperoni	Roast Beef	 Butterfly Boil (Farfalle Marinara)
	American	Cheddar	American	American	~Happy Halloween~ Were Wolf Claws Boiled Grubs & Worms (Beans & Carrots)
Pre-made Sandwich	 ~Crabby Bagels~ Crab Salad/ Lettuce/ Tomato/ Fresh Herbs on a Bagel	~Black & Bleu Wrap~ Roast Beef/ Bleu Cheese/ Red Onion/ L&T/ Srirachia Horseradish Mustard on a Wrap	~Turkey Spinach Kaiser~ Roast Turkey/ Provolone/ Lettuce/ Tomato/ Spinach/ Roasted Garlic Mayo	~Meatlovers Sub~ Salami/ Ham/ Roast Beef/ American/ Lettuce/ Tomato	 Butterfly Boil (Farfalle Marinara)
du Jour	 Tomato Noodle	Santa Fe Turkey Corn Chowder	Beef Barley	 New England Clam Chowder	 Butterfly Boil (Farfalle Marinara)
	 Ranch Pasta Salad	 Marinated Cucumbers	 Peaches & Vanilla Yogurt	Broccoli Bacon Salad	~Happy Halloween~ Were Wolf Claws (Chicken Tenders)
Super NATURALS	 Egg Salad	 Shrimp Salad	Tuna Salad	Chicken Salad	 Boiled Grubs & Worms (Beans & Carrots)
Just Desserts	Oreo Tarts	Ice Cream	Danish & Donuts	Snickerdoodles	 Butterfly Boil (Farfalle Marinara)
	 Vegan	 Vegetarian	 Super Naturals	 Live Well	 Contains Shellfish
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Wyoming Seminary Lower School Fall Semester Menu

	Monday 1-Nov	Tuesday 2-Nov	Wednesday 3-Nov	Thursday 4-Nov	Friday 5-Nov
	 Spaghetti Marinara	 Pierogies	 Open Face Roast Beef & Gravy	 Creamy Cheddar Baked Shells	Beefaroni
	 Green Beans w/ Garlic	 Cauliflower & Carrots w/ Black Beans	 Corn	 Broccoli and Carrots	 Capri Vegetable Mix
	Italian Porketta Sandwich	Chicken Fajitas	Cheese Ravioli	Grilled Turkey Burger	Cheese Pizza
	  Chopped Italian Salad	 Salsa Rice	 Mashed Potatoes	 French Fries	 Tomato Basil Pizza
	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Salami Cheddar	Turkey Pastrami American	Turkey Ham Swiss
Pre-made Sandwich	~Smoked Turkey Kaiser~ Swiss Cheese/ Lettuce/ Tomato/ Red Onion/ Buttermilk Dressing on a Kaiser	~Petite Italian Sliders~ Ham/ Salami/ Pepperoni/ Provolone/ Lettuce/ Tomato/ Onion/ Italian Dressing	  ~Grilled Tofu Veggie Wrap~ Grilled Veggies/ Tofu/ Hummus/ in a Wrap	~The Philadelphia~ Roast Beef/ Caramelized Onions/ Green Peppers & Mozzarella Cheese on French Bread	~Egg Salad Pita~ Lettuce & Tomato
	Buffalo Chicken Soup	Cheesy Potato	Autumn Island Cod Chowder	  Lentil & Spinach	 Creamy Crab Bisque
 	 Tortellini Salad	Tuna Salad	 Fruited Jell-O	 Macaroni & Egg Salad	  Black Bean & Barley w/ Fall Root Vegetables
	  Santa Fe Romaine Salad	 Seafood Salad	 Tomato Mozzarella Salad w/ Balsamic	BLT Pasta Salad	Cajun Chicken Salad
Just Desserts	Chocolate Cream Pie	Cookie Trifles	Funfetti Goopy Brownie	Cinnamon Ginger Bars	Chocolate Éclair Cake
 Vegan	 Vegetarian	 Super Naturals	 Live Well	 Contains Shellfish	 Contains Tree Nuts

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Wyoming Seminary Lower School Fall Semester Menu

	Monday 8-Nov	Tuesday 9-Nov	Wednesday 10-Nov	Thursday 11-Nov	Friday 12-Nov
<i>Main Plate</i>	 ~Meatless Monday~ Macaroni & Cheese  Chopped Salad	 Stuffed Shells  Broccoli w/ Tomatoes	 Vegetable Calzone  Honey Glazed Carrots	 Caesar Baked Chicken Breast  Shredded Caesar Salad	 Cajun Salmon Fillet  Steamed Green Beans
J. CLARK'S GRILLE	 Grilled Garden Burger  Baked Beans	 Chicken Patty  Herb Grilled Potatoes	 Sloppy Joes  Tots	 Grilled Cheese  Roasted Squashes	 Cheese Pizza  White Tomato & Broccoli Pizza
MARKET ST. DELI	Turkey Salami Swiss	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Ham American	Turkey Salami Provolone
Pre-made Sandwich	~Ole Italian Hoagie~ Ham/ Salami/ Pepperoni/ Provolone/ Lettuce/ Tomato/ Onion/ Seasonings	~Roast Beef Baguette~ Swiss/ Lettuce/ Tomato/ Horseradish/ Grilled Onion/ Baguette	 ~Roasted Vegetable Kaiser~ Hummus/ Lettuce/ Tomato/ Kaiser Roll	~Turkey Tortilla~ Lettuce/ Tomato/ Corn Salad/ Salsa Ranch/ Pepper Jack/ Tortilla	~Rajun Cajun~ Ham/ Turkey/ Bacon/ Pepper Jack/ LTO/ Cajun Aioli on a Sub Roll
du Jour	 Broccoli & Cheddar	 Turkey Mushroom	 Chicken Noodle	 Tomato Basil Bisque	 Manhattan Clam Chowder
green scene <small>Farm to table fare</small>	 Country Macaroni Salad	 Diced Peaches	 Macaroni Salad	 Coleslaw	 Potato Salad
Super NATURALS	Chicken Salad	Tuna Shell Salad	 Egg Salad	Tuna Salad	Julienne Turkey
Just Desserts	Strawberries & Cream Pie	Chocolate Cake w/ Vanilla Buttercream	Andes Mint Pie	Jell-O Cups	Ice Cream
 Vegan	 Vegetarian	 Super Naturals	 Live Well	 Contains Shellfish	 Contains Tree Nuts

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Wyoming Seminary Lower School Fall Semester Menu

	Monday 15-Nov	Tuesday 16-Nov	Wednesday 17-Nov	Thursday 18-Nov	Friday 19-Nov
<i>Main Plate</i>	Vegetable Frittata <i>Ve</i> Spring Mix Salad	<i>Ve</i> Penne with Rossini Sauce <i>Ve</i> Peas & Carrots	Stuffed Flounder <i>Ve</i> Sautéed Squashes	<i>~Happy Thanksgiving~</i> Roasted Turkey & Gravy Bread Stuffing	Hot Beef & Cheddar <i>Ve</i> Fresh Vegetables
J. CLARK'S GRILLE	Sweet & Sour Chicken <i>Ve</i> Steamed Rice	All Beef Hamburger <i>Ve</i> Tater Tots	Hot Dogs <i>Ve</i> Roasted Potato Wedges	<i>Ve</i> Cheese Lasagna <i>Ve</i> Mashed Potatoes Buttered Corn	Cheese Pizza Buffalo Chicken Pizza
MARKET ST. DELI	Turkey Salami Provolone	Turkey Ham American	Turkey Roast Beef Swiss	Turkey Ham American	Turkey Salami Provolone
<i>Pre-made Sandwich</i>	<i>~Turkey BLT Wrap~</i> Shaved Turkey/ Bacon/ L&T/ Mayo in a Wrap	<i>~Beef Bistro Sandwich~</i> Roast Beef/ Roasted Red Peppers/ Lettuce/ Tomato/ Onion/ Roasted Garlic Spread/ on Marble Rye	<i>~Tuna Bruschetta~</i> Tuna Salad/ Lettuce & Bruschetta Tomatoes/ on an Everything Bagel	<i>~Chicken Caesar Wrap~</i> Grilled Chicken/ Parmesan/ Romaine/ Lemon Vinaigrette	<i>~French Ham & Cheese~</i> Shaved Ham/ Swiss/ Bordeaux Mustard/ Tomato/ Peasant Bread
<i>du Jour</i>	Ham & Bean	<i>Ve</i> Vegetable Soup	Beef & Potato	<i>Ve</i> Nutternut Squash Bisque	Seafood Minestrone
Green scene <i>farm to table fare</i>	<i>Ve</i> California Pasta Salad	<i>Ve</i> Sesame Edamame	<i>Ve</i> Roasted Vegetables w/ Lemon & lentils	<i>Ve</i> Potato Salad	<i>Ve</i> Chopped Caesar
Super NATURALS	Tuna Salad	<i>Ve</i> Bruschetta Pasta Salad	<i>Ve</i> Egg Salad	Cranberry Chicken Salad	Tuna Salad
Just Desserts	Pudding Parfaits	Yellow Cake w/ Raspberries & Cream	Lemon Squares	Apple & Pumpkin Pies	Assorted Cookies
<i>Ve</i> Vegan	<i>V</i> Vegetarian	<i>Super</i> Naturals	<i>Live well</i> Live Well	Contains Shellfish	Contains Tree Nuts

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