

Eat Healthy Now

ROCKLAND COUNTRY DAY SCHOOL LUNCH MENU GRID

Menu subject to change based on market availability

Rose Walker, Executive Chef

Wednesday May 26th, 2010 through Thursday June 10th, 2010

	SOUP	VEG OPTION	ENTRÉE	VEGETABLE	STARCH	DESSERT
Wednesday May 26 th		Pasta with Marinara	Pasta with Marinara	Broccoli/Salad Bar	Garlic Bread	Fresh Fruit
Thursday May 27 th		Vegetarian Jambalaya	Jambalaya with Chicken	Spinach/Salad Bar	Jambalaya with Chicken	Fresh Fruit
Tuesday June 1 st		Lentil Stew	Meatloaf	Green Beans/Salad Bar	Corn	Fresh Fruit
Wednesday June 2 nd		Vegetarian Chili	Turkey Chili with toppings	Sautéed Greens/Salad Bar	Cornbread	Fresh Fruit
Thursday June 3 rd		Pasta with Pesto	Pasta with Pesto	Caesar Salad/Salad Bar	Pasta with Pesto	Fresh Fruit
Friday June 4 th		Grilled Cheese	Grilled Cheese	Salad Bar	Oven Fries	Fresh Fruit
Monday June 7 th		Pastina	Turkey Sausage	Salad Bar	Pastina	Fresh Fruit
Tuesday June 8 th /Senior Breakfast	Last Day of Lunch	Sandwich Bar	Sandwich Bar	Salad Bar	Sandwich Bar	Fresh Fruit
Wednesday June 9th	CS Moving Up	Happy Summer!	Happy Summer!	Happy Summer!	Happy Summer!	Happy Summer!
Thursday June 10th	MS Moving Up/Commenceme nt	Happy Summer!	Happy Summer!	Happy Summer!	Happy Summer!	Happy Summer!

