

SIDWELL FRIENDS SCHOOL MENU

Mon Jan 5

LOWER SCHOOL

Snack: Grapes & Graham Crackers
Cheese Tortellini w/ Garden Marinara
Garlic Green Beans
Clementines

MIDDLE SCHOOL/UPPER SCHOOL

Corn Chowder
Salad du Jour
Apple Carrot Salad
Vintner's Salad
Cheese Tortellini w/ Fresh Marinara
Garlic Organic Green Beans
Clementines

Tue Jan 6

LOWER SCHOOL

Snack: Zucchini Bread
French Dip au Jus
Roasted Veggie Melts
Steamed Broccoli
Cinnamon Orange Slices

MIDDLE SCHOOL/UPPER SCHOOL

Tomato Basil Soup
Market Pasta Salad
Salad du Jour
Organic Spinach Salad
Philly Cheesesteaks
Roasted Local Veggie Melts
Organic Baked French Fries
Steamed Organic Broccoli
Organic Pears

Wed Jan 7

LOWER SCHOOL

Snack: Sliced Apples & Cheese
Chicken Fajitas
Spicy Organic Black Bean Tortillas
Yellow Rice
Pineapple Slices

MIDDLE SCHOOL/UPPER SCHOOL

Mexican All Natural Chicken Soup
Salad du Jour
Layered Salad
Southwestern Caesar
All Natural Nacho Bar
Spicy Organic Black Bean Nachos
Fiesta Rice
Roasted Local Squash
Pineapple Gratin

Thu Jan 8

LOWER SCHOOL

Snack: Bagels & Cream Cheese
All Natural Shepherd's Pie
Garden Vegetable Pie
Steamed Brussels Sprouts
Fresh Organic Strawberries

MIDDLE SCHOOL/UPPER SCHOOL

Local Pumpkin & Sage Soup
Salad du Jour
FFY Caesar Salad
BLT Chopped Salad
Spaghetti & Meatballs
Spaghetti & Marinara Sauce
Roasted Butternut Squash
Fresh Organic Strawberries

Fri Jan 9

LOWER SCHOOL

Snack: Bananas
Tomato Mozzarella Salad
Bell & Evans Roasted Chicken Tenderloins
Three Cheese Macaroni
Roasted Butternut Squash
Ice Cream

MIDDLE SCHOOL/UPPER SCHOOL

Soup du Jour
Tomato Mozzarella Salad
Salad du Jour
West Coast Salad
Bell & Evans Roasted Chicken Tenders
Three Cheese Macaroni
Local Greens
Ice Cream