

	Vegetarian MWOG Free Range Vegan Cage Free Organic Grass Fed	San Domenico Café		Allergen Containing Contains Gluten Contains Dairy		
	Middle School Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1/5/2026 PDD	January 6, 2026	January 7, 2026	January 8, 2026	January 9, 2026	
Soup		Tomato Bisque (V) (MWOG)	Potato Chowder (V)(MWOG)	Lemon Cage Free Chicken Orzo (MWOG)	French Onion Soup(V)(MWOG)	
Global adventures		Penne Pasta & Pesto Sauce (V)	Crispy Chicken Tenders	Carne Asada Tacos (MWOG)	SD Home Made assorted PIZZA	
Side		Marinara Sauce (VG)	Mashed Potatoes & Gravy (V)	Black Beans & Yellow Rice (MWOG)	SD Home Made Cheese PIZZA (V)	
Vegetable		Summer Vegetables (VG)	Peas & Carrots (VG)	Winter Vegetables (VG)	Cabbage & Carrots (VG)	
Fresh Fruit		Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (VG)	Fresh Fruit (V)	
Deli Counter		Chicken Sandwiches	Cage Free Egg Salad Sandwiches (V)	Turkey Sandwiches	Roasted Turkey Sandwiches	
Eat Your Greens!		SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	
Live Well (Veggie Menu)		Buffalo Cauliflower (VG)	Veggie Pad Thai	Butternut & Black Bean Taco (MWOG)	Vegetarian Lasagna (MWOG)	
Vegan Bar (Menu)		Gluten Free Pasta & Marinara (MWOG)	Quinoa Pilaf MTO (MWOG)	Vegetable Curry with Brown Rice (MWOG)	Broccoli & Tofu Stir Fry MTO (MWOG)	
Buddha Bowl		Bibimbap Salad (MWOG)	Jamaican Jerk (MWOG)	Roasted Saffron Cauliflower (MWOG)	Tostada Bowl (MWOG)	
Week 2	January 12, 2026	January 13, 2026	January 14, 2026	January 15, 2026	January 16, 2026	
Soup	Tortilla Soup (V)(MWOG)	Healthy Kale & Quinoa Soup (VG)	Tofu Miso Soup (VG)	C F Chicken Noodles (V)(MWOG)	Egg & Corn Soup (V)(MWOG)	
Global adventures	Cage Free Chicken, Cheese Quesadillas	Spaghetti & Meatballs	Grilled Teriyaki Chicken	All Beef Hot Dogs	Orange Honey Cage Free Chicken	
Side	Cilantro Rice & Refried Beans (VG)	Garlic Bread & Parmesan Cheese (V)	Sticky Rice & Chow Mein (VG)	SD Homemade Fries (VG)	Jasmine Rice (VG)	
Vegetable	Winter Vegetables (V)	Organic Beet & Organic Carrots (V)	Sautéed Cabbage (V)	Steam Corn on The Cob (V)	Steam Broccoli & Carrots (V)	
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Roasted Turkey Sandwiches	
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	
Live Well (Veggie Menu)	Kale Quiche (V)	Pizza Bites (V)	Chile Reyenos Baked	mushroom teriyaki organic brown rice bowl (MWOG)	Sweet Potatoes & Corn Enchiladas (MWOG)	
Vegan Bar (Menu)	Butternut Squash, Black Bean Tacos (VG)	Gluten Free Pasta & Pesto, Marinara (V)	Organic Brown Fried Rice Bar MTO	Garlic Sesame Noodles & Tofu (VG)	Wild Mushrooms Paella (MWOG)	
Buddha Bowl	Pomegranate Salad (MWOG)	7 Dip Layer Bowl (MWOG)	Poke bowl Tuna Salad (MWOG)	Spring Fusion Gyoza (MWOG)	Dragon Bowl & Prawns (MWOG)	
Week 3	1/19/2026 Martin Luther King	January 20, 2026	January 21, 2026	January 22, 2026	January 23, 2026	
Soup		Alphabet Soup (V)	Wonton Soup	Tortellini Soup (V)	Organic Roasted Tomato (V)	
Global adventures		Penne Pasta & Bolognese Sauce	Grilled Rosemary Lemon Chicken	Shedder BBQ Pork Slider	Nacho Bar & Beef Steak, Cheese	
Side		Penne Pasta & Marinara (V)	Scallop Potatoes (V)	Roasted Potato (VG)	Spanish Rice & Black Beans (VG)	
Vegetable		Garlic Bread & Parmesan Cheese	Crispy Polenta Cakes	Winter Vegetables (V)	Fresh Grilled Corn (V)	
Fresh Fruit		Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	
Deli Counter		Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Tuna Salad Sandwiches (V)	
Eat Your Greens!		SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	
Live Well (Veggie Menu)		Kung Pao Broccoli, Tofu (MWOG)	Veggie Wraps MTO (MWOG)	Vegetarian Empanadas (VG)	Egg Plant Curry & Corn Bread (V)	
Vegan Bar (Menu)		Gluten Free Pasta, Pesto & Marinara (MWOG)	Quinoa & Fennel Sauté (VG)	Grilled Portobello & Chimichurri (MWOG)	Fried Plantain (MWOG)	
Buddha Bowl		Spaghetti Squash (MWOG)	Quinoa Burrito (MWOG)	Chop Salad (MWOG)	Waffle Tofu & Grilled Pineapple (MWOG)	
Week 4	January 26, 2026	January 27, 2026	January 28, 2026	January 29, 2026	January 30, 2026	
Soup	Wild Rice & Mushroom Soup (V)	Diestel Turkey & Rice	Cage Free Chicken Thai	Italian Wedding Soup	Broccoli & Cheddar (V)(MWOG)	
Global adventures	Pork Carnitas Tacos	Cheese Tortellini with Alfredo Sauce	Crispy Chicken Drum Sticks	Tempura Fish Sticks & Grilled Fish	SD Home Made Assorted PIZZA	
Side	Lime Rice Black Beans (VG)	House Made Garlic Bread (V)	Mashed Potatoes & Gravy (V)	Home made Fries (VG)	SD Home Made Cheese PIZZA (V)	
Vegetable	Roasted Cauliflower (VG)	Grilled Vegetables (V)	Steam Broccoli (VG)	Grilled Corn and Peas (V)	Roasted Beets (V)	
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roast Beef Sandwiches	Roasted Turkey Sandwiches	
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	
Live Well (Veggie Menu)	Nacho Bar MTO (MWOG)	Home Made Country Frittata (V)	Hummus Over Pita Bread (V)	Mushrooms Asparagus & Feta Packets (V)	Ice Cream Bar MTO (V)	
Vegan Bar (Menu)	Sweet Potatoes Stew over Basmati Rice (V)	Gluten Free Pasta & Pesto or Marinara (VG)	Vegetarian Sushi (VG)	Sun-Dried Tomato, Basil Balsamic Bucatini (V)	Chickpea, Veggie & Coconut Curry (V)	
Buddha Bowl	Turmeric Chickpeas (MWOG)	Burrito Bowl (MWOG)	Mediterranean Salad (MWOG)	Forbidden Rice (MWOG)	Spicy Chipotle Cauliflower (MWOG)	
Week 5	February 2, 2026	February 3, 2026	February 4, 2026	February 5, 2026	February 6, 2026	
Soup	Vegan Chili (V)(MWOG)	Chicken & Corn Vermicelli (MWOG)	Winter Vegetables (MWOG)	Broccoli Cheddar (V)	Potato & Leek Soup (MWOG) (V)	
Global adventures	HM Cheese & Chicken Flautas	Penne Pasta & Cheese Sauce	Grilled Teriyaki Chicken	Basian Farm Meatball, HM Sweet Baguette	Cage Free Chicken Tikka	
Side	Arroz Blanco & Refried Beans (VG)	Marinara Sauce	Vegetarian Egg Rolls (V)	Roasted Rosemary Yukon Potatoes (VG)	Aromatic Basmati Rice (VG)	
Vegetable	Carrots & Corn (VG)	House Made Garlic Bread	Sticky Rice (VG)	Mix Vegetables	Sweet Potatoes & Butternut Squash (VG)	
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Cage Free Egg Salad Sandwiches (V)	Roasted Turkey Sandwiches	
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	
Live Well (Veggie Menu)	California Veggie Sandwiches Bites (V)	Spinach & Ricotta Cheese Cannelloni (V)	Organic Brown Fried Rice MTO (VG)	Mushroom Bruschetta	Eggplant & Chickpeas Stew, Tabouleh (VG)	
Vegan Bar (Menu)	Mango Smoothies (VG)	Gluten Free Pasta & Marinara (VG)	Spring Rolls (VG)	Vegetable Pad Thai & Organic Rice (VG)	Yams Kebab (VG)	
Buddha Bowl	Vietnamese (MWOG)	Taiwan Bowl (MWOG)	Portugal Bowl (MWOG)	Caprice Salad Bowl (MWOG)	Poke Bowl (MWOG)	
Dietary restrictions labels - Fresh, natural, prepared-from-scratch meals served with local, seasonal produce, organic meats, and natural ingredients. Salad Bar every day!						