

	 Vegetarian  Vegan  No Meat/Fish	San Domenico Café		Allergen Containing  Contains Gluten  Contains Dairy	
	 MWOG  Cage Free  Free Range  Organic	Middle School Menu		August	
	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>August 10, 2026</i>	<i>August 11, 2026</i>	<i>August 12, 2026</i>	<i>August 13, 2026</i>	<i>August 14, 2026</i>
Week 1 Soup Global adventures Side Vegetable Fresh Fruit Deli Counter Eat Your Greens! Live Well (Veggie Menu) Vegan Bar (Menu) Buddha Bowl					
	<i>August 17, 2026</i>	<i>8/18/2026 Prefects move in</i>	<i>August 19, 2026</i>	<i>August 20, 2026</i>	<i>August 21, 2026</i>
Soup Global adventures Side Vegetable Fresh Fruit Deli Counter Eat Your Greens! Live Well (Veggie Menu) Vegan Bar (Menu) Buddha Bowl	Tortilla Soup (V) (MWOG) Cage Free Chicken&Cheese Quesadillas Spanish Rice & Refried Beans (VG) Spring Vegetables (V) Fresh Fruit (V) Turkey Sandwiches SD Salad Bar (V) Kale Quiche (V) Butternut Squash, Black Bean Tacos (VG) Pomegranate Salad (MWOG)	Healthy Kale & Quinoa Soup (VG) Spaghetti & Meatballs Garlic Bread & Parmesan Cheese (V) Organic Beet & Organic Carrots (V) Fresh Fruit (V) Chicken Sandwiches SD Salad Bar (V) Pizza Bites (V) MWOG Pasta w/ Pesto or Marinara (V) 7 Dip Layer Bowl (MWOG)	Tofu Miso Soup (VG) Grilled Teriyaki Chicken Sticky Rice & Chow Mein (VG) Sautéed Cabbage (V) Fresh Fruit (V) Ham Sandwiches SD Salad Bar (V) Baked Chile Rellenos (VG) MTO Organic Brown Fried Rice Bar Poke Tuna Salad Bowl (MWOG)	C F Chicken Noodles (V) (MWOG) All Beef Hot Dogs SD House Fries (VG) Steamed Corn on The Cob (V) Fresh Fruit (V) Roast Beef Sandwiches SD Salad Bar (V) Sweet Potatoes & Corn Enchiladas (MWOG) Garlic Sesame Noodles w/ Tofu (VG) Spring Fusion Gyoza (MWOG)	French Onion Soup (V) (MWOG) SD Home Made Assorted Pizza SD Home Made Cheese Pizza (V) Steamed Broccoli & Carrots (V) Fresh Fruit (V) Roasted Turkey Sandwiches SD Salad Bar (V) Vegetable Pad Thai (MWOG) Wild Mushroom Paella (MWOG) Dragon Bowl w/ Prawns (MWOG)
Week 3 Soup Global adventures Side Vegetable Fresh Fruit Deli Counter Eat Your Greens! Live Well (Veggie Menu) Vegan Bar (Menu) Buddha Bowl	Green Chicken Pozole (MWOG) Grilled Steak Burritos Yellow Rice, Beans (VG) Summer Vegetables (V) Fresh Fruit (V) Turkey Sandwiches SD Salad Bar (V) Carrot Tart & Ricotta (V) Spicy Mango & Chili Lime (MWOG) Poke Bowl & Lime Dressing (MWOG)	Wonton Soup Penne Pasta & Bolognese Sauce Penne Pasta & Marinara (V) Garlic Bread & Parmesan Cheese Fresh Fruit (V) Chicken Sandwiches SD Salad Bar (V) Kung Pao Broccoli & Tofu (MWOG) MWOG Pasta, Pesto & Marinara (VG) Spaghetti Squash (MWOG)	Alphabet Soup (V) Grilled Rosemary Lemon Chicken Scallop Potatoes (V) Crispy Polenta Cakes Fresh Fruit (V) Ham Sandwiches SD Salad Bar (V) MTO Veggie Wraps (MWOG) Sautéed Quinoa & Fennel (VG) Quinoa Burrito (MWOG)	Tortellini Soup (V) Nachos w/ Beef & Cheese Sauce Spanish Rice & Black Beans (VG) Fresh Grilled Corn (V) Fresh Fruit (V) Roasted Turkey Sandwiches SD Salad Bar (V) Vegetarian Empanadas (VG) Grilled Portobello w/ Chimichurri (MWOG) Chopped Salad (MWOG)	Organic Roasted Tomato (V) Jerk Cage Free Chicken Dirty Rice or Mac & Cheese (V) Collard Greens (VG) Fresh Fruit (V) Tuna Salad Sandwiches (V) SD Salad Bar (V) Eggplant Curry w/ Corn Bread (V) Fried Plantains (MWOG) Waffle Tofu & Grilled Pineapple (MWOG)
Week 4 Soup Global adventures Side Vegetable Fresh Fruit Deli Counter Eat Your Greens! Live Well (Veggie Menu) Vegan Bar (Menu) Buddha Bowl	August 31, 2026 Diestel Turkey & Rice (MWOG) Pork Carnitas Tacos Lime Rice Black Beans (VG) Roasted Cauliflower (VG) Fresh Fruit (V) Turkey Sandwiches SD Salad Bar (V) MTO Nacho Bar (MWOG) Sweet Potatoes Stew over Basmati Rice (V) Turmeric Chickpea Bowl (MWOG)	September 1, 2026 Wild Rice & Mushroom Soup (V) Cheese Tortellini with Alfredo Sauce House Made Garlic Bread (V) Grilled Summer Vegetables (V) Fresh Fruit (V) Chicken Sandwiches SD Salad Bar (V) Home Made Country Frittata (V) MWOG Pasta & Pesto or Marinara (VG) Burrito Bowl (MWOG)	September 2, 2026 Italian Wedding Soup Crispy Chicken Drumsticks Mashed Potatoes & Gravy (V) Steamed Broccoli (VG) Fresh Fruit (V) Ham Sandwiches SD Salad Bar (V) Hummus over Pita Bread (V) Vegetarian Sushi (VG) Mediterranean Salad (MWOG)	September 3, 2026 Cage Free Chicken Thai Tempura Fish Sticks & Grilled Fish Home made Fries (VG) Grilled Corn and Peas (V) Fresh Fruit (V) Roast Beef Sandwiches SD Salad Bar (V) Mushrooms, Asparagus, & Feta Packets (V) Sun-Dried Tomato, Basil, Balsamic, Bucatini (V) Forbidden Rice Bowl (MWOG)	September 4, 2026 Broccoli & Cheddar (V) (MWOG) SD Home Made Assorted Pizza SD Home Made Cheese Pizza (V) Steamed Summer Vegetables (V) Fresh Fruit (V) Roasted Turkey Sandwiches SD Salad Bar (V) Ice Cream Bar MTO (V) Vegetable Chickpea Coconut Curry (V) Spicy Chipotle Cauliflower (MWOG)
Week 5 Soup Global adventures Side Vegetable Fresh Fruit Deli Counter Eat Your Greens! Live Well (Veggie Menu) Vegan Bar (Menu) Buddha Bowl	9/7/Labor Day 2026 Vegan Chili (MWOG) HM Cheese & Chicken Flautas Arroz Blanco & Refried Beans (VG) Carrots & Corn (VG) Fresh Fruit (V) Turkey Sandwiches SD Salad Bar (V) California Veggie Sandwich Bites (V) Mango Smoothies (VG) Vietnamese Bowl (MWOG)	September 8, 2026 Chicken Enchilada Soup (MWOG) Penne Pasta w/ Cheese Sauce Marinara Sauce House Made Garlic Bread Fresh Fruit (V) Chicken Sandwiches SD Salad Bar (V) Spinach & Ricotta Cheese Cannelloni (V) MWOG Pasta & Marinara (VG) Taiwanese Bowl (MWOG)	September 9, 2026 Minestrone Soup (V) Grilled Teriyaki Chicken Vegetarian Egg Rolls (V) Sticky Rice (VG) Fresh Fruit (V) Ham Sandwiches SD Salad Bar (V) MTO Organic Brown Fried Rice (VG) Spring Rolls (VG) Portugal Bowl (MWOG)	September 10, 2026 Gnocchi Soup (V) Basian Farms Meatball Sub on HM Baguette Roasted Rosemary Yukon Potatoes (VG) Mix Vegetables (VG) Fresh Fruit (V) Cage Free Egg Salad Sandwiches (V) SD Salad Bar (V) Mushroom Bruschetta Vegetable Pad Thai & Organic Rice (VG) Caprese Salad Bowl (MWOG)	September 11, 2026 Cage Free Chicken Noodle Soup Cage Free Chicken Tikka Aromatic Basmati Rice (VG) Sweet Potatoes & Butternut Squash (VG) Fresh Fruit (V) Roasted Turkey Sandwiches SD Salad Bar (V) Eggplant & Chickpea Stew w/ Tabouleh (VG) Yams Kebab (VG) 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!					