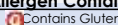
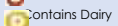


	 Vegetarian  Vegan  Cross Fed	San Domenico Café		Allergen Containing  Contains Gluten  Contains Dairy	
	 MWOG  Cage Free  Free Range  Organic	Middle School Menu		September	
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	September 14, 2026	September 15, 2026	September 16, 2026	September 17, 2026	September 18, 2026
Soup	Potato Chowder (V) (MWOG)	Tomato Bisque (V) (MWOG)	Cage Free Chicken Pozole (MWOG)	Lemon Cage Free Chicken Orzo	French Onion Soup(V) (MWOG)
Global adventures	Crispy Chicken Tenders	Penne Pasta & Pesto Sauce (V)	Quesabirrias (MWOG)	Grilled Cheese (V) & Ham Sandwiches	SD Home Made assorted PIZZA
Side	Mashed Potatoes & Gravy (V)	Marinara Sauce (VG)	Black Beans & Spanish Rice (VG)	French Fries (MWOG)	SD Home Made Cheese PIZZA (V)
Vegetable	Peas & Carrots (VG)	Summer Vegetables (VG)	Fresh Corn on the Cob (V)	Grilled Corn & Carrots (VG)	Cabbage & Carrots (VG)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (VG)	Fresh Fruit (V)
Deli Counter	Cage Free Egg Salad Sandwiches (V)	Chicken Sandwiches	Ham Sandwiches	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)	Veggie Pad Thai	Buffalo Cauliflower (VG)	Bang Bang Sweet Potatoes (MWOG)	Butternut & Black Bean Taco (MWOG)	Vegetarian Lasagna (MWOG)
Vegan Bar (Menu)	Quinoa Pilaf MTO (MWOG)	Gluten Free Pasta & Marinara (MWOG)	Black Beans & Rice Crispy Taco (MWOG)	Vegetable Curry with Brown Rice (MWOG)	Broccoli & Tofu Stir Fry MTO (MWOG)
Buddha Bowl	Jamaican Jerk (MWOG)	Bibimbap Salad (MWOG)	Crunchy Asian Ramen Salad (MWOG)	Roasted Saffron Cauliflower (MWOG)	Tostada Bowl (MWOG)
Week 2	September 21, 2026	September 22, 2026	September 23, 2026	September 24, 2026	September 25, 2026
Soup	no school	Healthy Kale & Quinoa Soup (VG)	Tofu Miso Soup (VG)	C F Chicken Noodles (V) (MWOG)	Egg & Corn Soup (V) (MWOG)
Global adventures		Spaghetti & Meatballs	Grilled Teriyaki Chicken	All Beef Hot Dogs	Orange Honey Cage Free Chicken
Side		Garlic Bread & Parmesan Cheese (V)	Sticky Rice & Chow Mein (VG)	SD Homemade Fries (VG)	Jasmine Rice (VG)
Vegetable		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)
Deli Counter		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)
Live Well (Veggie Menu)		Pizza Bites (V)	Baked Chile Rellenos	mushroom terrazini Organic brown rice (MWOG)	Sweet Potatoes & Corn Enchiladas (MWOG)
Vegan Bar (Menu)		Gluten Free Pasta & Pesto, Marinara (V)	Organic Brown Fried Rice Bar MTO	Garlic Sesame Noodles & Tofu (VG)	Wild Mushrooms Paella (MWOG)
Buddha Bowl		7 Dip Layer Bowl (MWOG)	Poke bowl Tuna Salad (MWOG)	Spring Fusion Gyoza (MWOG)	Dragon Bowl & Prawns (MWOG)
Week 3	September 28, 2026	September 29, 2026	September 30, 2026	October 1, 2026	October 2, 2026
Soup	Green Chicken Pozole (MWOG)	Alphabet Soup (V)	Wonton Soup	Tortellini Soup (V)	Organic Roasted Tomato (V)
Global adventures	Grilled Steak Burritos	Penne Pasta & Bolognese Sauce	Grilled Rosemary Lemon Chicken	Jerk Cage free Chicken	Nacho Bar & Beef Steak, Cheese
Side	Yellow Rice, Beans (VG)	Penne Pasta & Marinara (V)	Scallop Potatoes (V)	Dirty Rice & Mac and Cheese (V)	Spanish Rice & Black Beans (VG)
Vegetable	Summer Vegetables (V)	Garlic Bread & Parmesan Cheese	Crispy Polenta Cakes	Collard Greens (V)	Fresh Grilled Corn (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	Tuna 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)	Carrot Tart & Ricotta (V)	Kung Pao Broccoli, Tofu (MWOG)	Veggie Wraps MTO (MWOG)	Egg Plant Curry & Corn Bread (V)	Vegetarian Empanadas (VG)
Vegan Bar (Menu)	Spicy Mango & Chili Lime (MWOG)	Gluten Free Pasta, Pesto & Marinara (MWOG)	Quinoa & Fennel Sauté (VG)	Fried Plantain (MWOG)	Portabello with Chimichurri (MWOG)
Buddha Bowl	Poky Bowl & Lime Dressing (MWOG)	Spaghetti Squash (MWOG)	Quinoa Burrito (MWOG)	Waffle Tofu & Grilled Pineapple (MWOG)	Waffle Tofu & Grilled Pineapple (MWOG)
Week 4	October 5, 2026	October 6, 2026	October 7, 2026	October 8, 2026	October 9, 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 Summer Vegetables (V)	Steam Broccoli (VG)	Grilled Corn and Peas (V)	Steam Summer Vegetables (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	October 12, 2025	October 13, 2025	October 14, 2025	October 15, 2025	October 16, 2025
Soup		Vegan Chili (V) (MWOG)	Chicken & Corn Soup (MWOG)	Gnocchi Soup (V)	Organic Lentil Soup (MWOG) (V)
Global adventures		Penne Pasta & Cheese Sauce	Grilled Teriyaki Chicken	Basian Farm Meatball, HM Sweet Baguette	Cage Free Chicken Tikka
Side		Marinara Sauce	Vegetarian Egg Rolls (V)	Roasted Rosemary Yukon Potatoes (VG)	Aromatic Basmati Rice (VG)
Vegetable		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)
Deli Counter		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)
Live Well (Veggie Menu)		Spinach & Ricotta Cheese Cannelloni (V)	Organic Brown Fried Rice MTO (VG)	Mushroom Bruschetta	Eggplant & Chickpeas Stew, Tabouleh (VG)
Vegan Bar (Menu)		Gluten Free Pasta & Marinara (VG)	Spring Rolls (VG)	Vegetable Pad Thai & Organic Rice (VG)	Yams Kebab (VG)
Buddha Bowl		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!					