

	 Vegetarian  Vegan  MWOG  Free Range  Organic	San Domenico Café		Allergen Containing  Contains Gluten  Contains Dairy		
	Middle School Menu					
	September					
	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	September 15, 2025	September 16, 2025	September 17, 2025	September 18, 2025	September 19, 2025	
Soup	Cage Free Chicken Pozole (MWOG)	Tomato Bisque (V) (MWOG)	Potato Chowder (V)(MWOG)	Lemon Cage Free Chicken Orzo	Egg & Corn Soup (V)(MWOG)	
Global adventures	Quesabirrias (MWOG)	Penne Pasta & Pesto Sauce (V)	Crispy Chicken Tenders	Grilled Cheese (V) & Ham Sandwiches	Orange Honey Cage Free Chicken	
Side	Black Beans & Spanish Rice (VG)	Marinara Sauce (VG)	Mashed Potatoes & Gravy (V)	French Fries (MWOG)	Jasmine Rice (VG)	
Vegetable	Fresh Corn on the Cob (V)	Spring Vegetables (VG)	Peas & Carrots (VG)	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	Ham Sandwiches	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)	SD Salad Bar (V)	
Live Well (Veggie Menu)	Bang Bang Sweet Potatoes (MWOG)	Buffalo Cauliflower (VG)	Veggie Pad Thai	Butternut & Black Bean Taco (MWOG)	Vegetarian Lasagna (MWOG)	
Vegan Bar (Menu)	Black Beans & Rice Crispy Taco (MWOG)	Gluten Free Pasta & Marinara (MWOG)	Quinoa Pilaf MTO (MWOG)	Vegetable Curry with Brown Rice (MWOG)	Broccoli & Tofu Stir Fry MTO (MWOG)	
Buddha Bowl	Crunchy Asian Ramen Salad (MWOG)	Bibimbap Salad (MWOG)	Jamaican Jerk (MWOG)	Roasted Saffron Cauliflower (MWOG)	Tostada Bowl (MWOG)	
Week 2	September 22, 2025	September 23, 2025	September 24, 2025	September 25, 2025	September 26, 2025	
Soup	Tortilla Soup (V)(MWOG)	Healthy Kale & Quinoa Soup (VG)	Tofu Miso Soup (VG)	C F Chicken Noodles (V)(MWOG)	French Onion Soup (V)(MWOG)	
Global adventures	Cage Free Chicken, Cheese Quesadillas	Spaghetti & Meatballs	Grilled Teriyaki Chicken	All Beef Hot Dogs	SD Home Made assorted PIZZA	
Side	Cilantro Rice & Refried Beans (VG)	Garlic Bread & Parmesan Cheese (V)	Sticky Rice & Chow Mein (VG)	SD Homemade Fries (VG)	SD Home Made Cheese PIZZA (V)	
Vegetable	Summer 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 Reyesnos Baked	Sweet Potatoes & Corn Enchiladas (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	September 29, 2025	September 30, 2025	October 1, 2025	October 2, 2025	October 3, 2025	
Soup	Green Chicken Pozole (MWOG)	Alphabet Soup (V)	Wonton Soup		Organic Roasted Tomato (V)	
Global adventures	Grilled Steak Burritos	Penne Pasta & Bolognese Sauce	Grilled Rosemary Lemon Chicken		Jerk Cage Free Chicken	
Side	Yellow Rice, Beans (VG)	Penne Pasta & Marinara (V)	Scallop Potatoes (V)		Dirty Rice or Mac & Cheese (V)	
Vegetable	Summer Vegetables (V)	Garlic Bread & Parmesan Cheese	Crispy Polenta Cakes		Collard Greens (VG)	
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)		Fresh Fruit (V)	
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham 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)	Carrot Tart & Ricotta (V)	Kung Pao Broccoli, Tofu (MWOG)	Veggie Wraps MTO (MWOG)		Egg Plant Curry & Corn Bread (V)	
Vegan Bar (Menu)	Spicy Mango & Chili Lime (MWOG)	Gluten Free Pasta, Pesto & Marinara (MWOG)	Quinoa & Fennel Sauté (VG)		Fried Plantain (MWOG)	
Buddha Bowl	Poky Bowl & Lime Dressing (MWOG)	Spaghetti Squash (MWOG)	Quinoa Burrito (MWOG)		Waffle Tofu & Grilled Pineapple (MWOG)	
Week 4	October 6, 2025	October 7, 2025	October 8, 2025	October 9, 2025	October 10, 2025	
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 13, 2025	October 14, 2025	October 15, 2025	October 16, 2025	October 17, 2025	
Soup		Minestrone Soup (V)	Chicken Enchilada 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!						