



SEPTEMBER-OCTOBER 2021

Middle School, Upper School & Faculty

HOT ENTREE BAR

MONDAY, September 27th

Corn Dogs - Chicken Nuggets

TUESDAY, September 28th

Assorted Flavors of Boneless Wings

WEDNESDAY, September 29th

Fried Flounder

THURSDAY, September 30th

"Ms. Vicky's Favorites"

Spaghetti - Green Beans - Roasted Potatoes -
Vegetable Soup with Cornbread

FRIDAY, October 1st

Turkey Teriyaki Rice Bowls

MONDAY, October 4th

Beef Fried Rice - Veggie Fried Rice

TUESDAY, October 5th

Lasagna

WEDNESDAY, October 6th

Breakfast Burritos

TUESDAY, October 12th

Turkey & Dressing

WEDNESDAY, October 13th

Hot Ham & Swiss or Turkey & Cheddar Sliders

THURSDAY, October 14th

Chili & Baked Potatoes

FRIDAY, October 15th

Pulled BBQ Pork

SANDWICH & PANINI BAR

- ◆ Daily Signature Sandwich Offerings
- ◆ Build Your Own Sandwich
- ◆ Featuring a wide selection of Boars Head Meats and Cheeses
- ◆ Featuring Local Breads from Great Harvest Bread Company

CLASSICS BAR

- ◆ Features items like Chicken Tenders and Hot Dogs daily
- ◆ Simple foods
- ◆ Quick Grab and Go Selections

SALAD BAR

- ◆ Featuring hydroponically grown lettuce from Tyger River Smart Farms
- ◆ A wide variety of fresh salad toppings and proteins to choose from
- ◆ Also featuring cold salad options such as broccoli, chicken, shrimp, pasta or potato salad

FRUIT BAR

- ◆ Hand cut fruit selections
- ◆ Whole fruit options also offered
- ◆ Serving over 8 varieties of fruit daily

HOT SIDES

- ◆ Featuring Locally grown vegetables both from Griffins Garden and Upstate Farms
- ◆ Anywhere from 2-4 options offered daily
- ◆ Large portion sizes for healthy appetites