



The Ramaz School



DECEMBER MENU for the Middle School

**Friday 12/1**

Potato Leek Soup  
Grilled Cheese  
Grilled Cheese w/ tomato  
Vegetable Medley  
potato chips (MS only)  
Fudgy Brownies

<b>Monday 12/4</b>	<b>Tuesday 12/5</b>	<b>Wednesday 12/6</b>	<b>Thursday 12/7</b>	<b>Friday 12/8</b>
Lentil Soup Mac and Cheese Steamed Broccoli Roasted Sweet Potatoes Rainbow Wheatberry Salad Seasonal Fresh Fruit	Minestrone Soup Beef Sliders Baked Beans Roasted Cauliflower Quinoa Edamame Salad Seasonal Fresh Fruit	Matzoh Ball Soup Shwarma in Pita Roasted Butternut Squash Israeli Couscous Hummus / Israeli Salad Seasonal Fresh Fruit	Split Pea Soup Fish Sticks / Fish Tacos (MS) Corn on the cob Sweet Potato Fries Red Cabbage Slaw Seasonal Fresh Fruit	French Onion Soup Pizza Vegetable Pizza Vegetable Medley potato chips (MS only) Chocolate Chip Cookies
<b>Monday 12/11</b>	<b>Tuesday 12/12</b>	<b>Wednesday 12/13 (chanukah)</b>	<b>Thursday 12/14 (chanukah)</b>	<b>Friday 12/15 (chanukah)</b>
Vegetarian Chili Cheese/Veggie Quesadillas Sauteed Spinach and Portobello Brown Rice Pilaf House Made Salsa Seasonal Fresh Fruit	Creamy Cauliflower Soup Taco Tuesday Roasted Corn Edamame w/ Sea Salt Mango Jicama Slaw Seasonal Fresh Fruit	Chicken Orzo Soup BBQ Chicken Mashed Sweet Potatoes Roasted Green Beans Black Bean Edamame Salad Seasonal Fresh Fruit	Vegetable Soup Falafel in Pita Lemon Garlic Zucchini Shoestring Fries Israeli Salad / Hummus Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Grilled Cheese w/ tomato Vegetable Medley potato chips (MS only) Oatmeal Blondies
<b>Monday 12/18 (chanukah)</b>	<b>Tuesday 12/19 (chanukah)</b>	<b>Wednesday 12/20 (chanukah)</b>	<b>Thursday 12/21</b>	<b>Friday 12/22</b>
Creamy Mushroom Soup Baked Ziti Garlic Green beans Sweet Potato Wedges Marinated Tofu Chickpea Salad Seasonal Fresh Fruit	Sweet Potato Bisque Spaghetti and Meatballs Roasted Cauliflower Garlic Bread Kale Caesar Salad Seasonal Fresh Fruit	Egg Drop Soup Chicken Fingers Vegetable Lo Mein Stir-fried Snap peas w/ asparagus Bok Choy Salad Seasonal Fresh Fruit	Vegetable Chowder French Toast Home Fries Ratatouille Greek Salad Seasonal Fresh Fruit	Winter Break
<b>Monday 12/25</b>	<b>Tuesday 12/26</b>	<b>Wednesday 12/27</b>	<b>Thursday 12/28</b>	<b>Friday 12/29</b>
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

**Daily Offerings:**

- Full Salad Bar
- Tuna Salad / Flake Tuna
- Hard Boiled Eggs
- SunButter / Jelly / Cream Cheese
- Whole Wheat Bread / WW Bagels
- Plain Pasta
- Fresh Fruit