



The Ramaz School



MAY MENU for the Upper School

	Tuesday 5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4
	Split Pea Soup Spaghetti and Meatballs Pesto Cauliflower Garlic Bread Focaccia Kale Caesar Salad Seasonal Fresh Fruit	Mushroom Barley Soup Chicken Nuggets Brown Rice Pilaf Garlic Green Beans Confetti Corn Salad Seasonal Fresh Fruit	Oatmeal w/ Toppings French Toast Home Fries Veggie Frittata Greek Salad Seasonal Fresh Fruit	Roasted Vegetable Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Strawberry Shortcake
Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	Friday 5/11
Creamy Broccoli Soup Baked Ziti Roasted Butternut Squash Sautéed Greens Marinated Tofu Chickpea Salad Seasonal Fresh Fruit	Chicken Noodle Soup Meatloaf w/ Gravy Roasted Baby Potatoes Corn on the Cob Spinach Citrus Salad Seasonal Fresh Fruit	Lentil Soup Shwarma Israeli Couscous Roasted Yellow Squash Israeli Salad / Chummus Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Steamed Broccoli Roasted Carrots Kale Quinoa Salad Seasonal Fresh Fruit	French Onion Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Sugar Cookies
Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18
Vegetarian Chili Cheese/Veggie Quesadillas Spanish Rice Roasted Pepper and Onion Guacomole Seasonal Fresh Fruit	Minestrone Soup Beef Burgers Sweet Potato Fries Baked Beans Red Cabbage Slaw Seasonal Fresh Fruit	Chicken Orzo Soup Oven "Fried" Chicken Mashed Cauliflower Roasted Vegetables Fruity Balsamic Salad Seasonal Fresh Fruit	Yellow Split Pea Soup Falafel in Pita Parmesan Zucchini Rounds Shoestring Fries Israeli Salad / Chummus Seasonal Fresh Fruit	Professional Development
Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25
Shavuot	Creamy Corn Bisque Taco Tuesday Polenta w/ Mushroom and Onion Steamed Green Beans Southwest Quinoa Salad Seasonal Fresh Fruit	Creamy Mushroom Soup Assorted Deli Sandwiches Roasted Cauliflower Edamame w/ Sea Salt Housemade Macaroni Salad Seasonal Fresh Fruit	Potato Leek Soup Pasta Bar Roasted Brussel Sprouts Baked Sweet Potato Caprese Salad Seasonal Fresh Fruit	Sweet Potato Bisque Pizza Tuna Sandwiches Vegetable Medley Potato Chips Oatmeal Blondies
Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	
Memorial Day	Red Lentil Soup Meatball Sliders Steamed Green Beans Roasted Potato Wedges Caesar Salad Seasonal Fresh Fruit	Chicken Noodle Soup Sweet and Sour Chicken Veggie "Fried" Rice Asparagus Stir-fry Rainbow Wheatberry Salad Seasonal Fresh Fruit	Veggie Gumbo Fish Tacos Steamed Broccoli Sautéed Spinach w/ Portobello Mango Jicama Slaw Seasonal Fresh Fruit	

Daily Offerings:

- Full Salad Bar
- Tuna Salad / Flake Tuna
- Hard Boiled Eggs
- Peanut Butter / Jelly / Cream Cheese
- Assorted Bagels/Breads
- Plain Pasta
- Fresh Fruit