



The Ramaz School



DECEMBER 2018 MENU for the Upper School

Monday 12/3	Tuesday 12/4	Wednesday 12/5	Thursday 12/6	Friday 12/7
Minestrone Soup Macaroni and Cheese Steamed Broccoli Roasted Carrots Rainbow Quinoa Salad Seasonal Fresh Fruit	Creamy Corn Soup Taco Tuesday Roasted Corn Spanish Rice Black Bean Edamame Salad Seasonal Fresh Fruit	Chicken Orzo Soup Shwarma w/ Pita Israeli Couscous Garlic Green Beans Chummus / Israeli Salad Seasonal Fresh Fruit	Split Pea Soup Cheese Tortellini Oven Roasted Tomatoes Sweet Potato Wedges Kale Caesar Salad Seasonal Fresh Fruit	Tomato Rice Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Oreo Pudding Pie
Monday 12/10	Tuesday 12/11	Wednesday 12/12	Thursday 12/13	Friday 12/14
Butternut Squash Soup Baked Ziti Wild Mushroom Medley Steamed Edamame w/ Sea Salt Fruity Balsamic Salad Seasonal Fresh Fruit	Beef Mushroom Barley Soup Assorted Deli Sandwiches Roasted Cauliflower Zucchini Fries Housemade Macaroni Salad Seasonal Fresh Fruit	Creamy Cauliflower Soup BBQ Chicken Corn on the Cob Roasted Baby Potatoes Red Cabbage Slaw Seasonal Fresh Fruit	Vegetable Gumbo Tilapia Fajitas Sweet Potato Fries Sauteed Greens w/ Portobello House Made Slaw Seasonal Fresh Fruit	French Onion Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Smores Brownies
Monday 12/17	Tuesday 12/18	Wednesday 12/19	Thursday 12/20	Friday 12/21
Tomato Rice Soup Cheese/Veggie Paninis Basmati Rice w/ caramelized onion Roasted corn and peppers Chunky Avocado Salsa Seasonal Fresh Fruit	Lentil Soup Spaghetti and Meatballs "Popcorn" Cauliflower Garlic Bread Focaccia Caesar Salad Seasonal Fresh Fruit	Chicken Noodle Soup Chicken Nuggets Steamed Green Beans Veggie "fried" Rice Confetti Corn Salad Seasonal Fresh Fruit	Potato Leek Soup Pasta Bar Roasted Butternut Squash Steamed Broccoli Greek Salad Seasonal Fresh Fruit	Vegetable Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Blondies
Monday 12/24	Tuesday 12/25	Wednesday 12/26	Thursday 12/27	Friday 12/28
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Monday 12/31				
Winter Break				

Daily Offerings:

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