



The Ramaz School



FEBRUARY MENU for the Upper School

				Thursday 2/1	Friday 2/2
				Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Veggie Sauteed Spinach w/ Portobello Quinoa Edamame Salad Seasonal Fresh Fruit	Potato Leek Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Smores Brownies
Monday 2/5	Tuesday 2/6	Wednesday 2/7	Thursday 2/8	Friday 2/9	
Lentil Soup Mac and Cheese Steamed Broccoli Roasted Butternut Squash Black Bean Edamame Salad Seasonal Fresh Fruit	Creamy Cauliflower Soup Taco Tuesday Spanish Rice Roasted Peppers and Onions Fiesta Corn Salad Seasonal Fresh Fruit	Chicken Orzo Soup Shwarma w/ Pita Couscous w/ caramelized onion Garlic Green Beans Hummus / Israeli Salad Seasonal Fresh Fruit	Oatmeal w/ toppings French Toast Hashbrowns Ratatouille Greek Salad Seasonal Fresh Fruit	French Onion Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Chocolate Chip Cookies	
Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	Friday 2/16	
Presidents Week Break	Presidents Week Break	Presidents Week Break	Presidents Week Break	Presidents Week Break	
Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22	Friday 2/23	
Presidents Week Break	Sweet Potato Bisque Beef Sliders Steak Fries Baked Beans Kale Caesar Salad Seasonal Fresh Fruit	Turkey Split Pea Soup Chicken Fingers Brown Rice Pilaf Roasted Rainbow Veg. Red Cabbage Slaw Seasonal Fresh Fruit	Vegetable Gumbo Pasta Bar Sweet Potato Wedges Parmesan Zucchini Rounds Mango Jicama Salad Seasonal Fresh Fruit	Vegetable Chowder Pizza Tuna Sandwiches Vegetable Medley Potato Chips Strawberry Shortcake	
Monday 2/26	Tuesday 2/27	Wednesday 2/28			
Tomato Rice Soup Grilled Cheese / Gr. Cheese w/ Veg. Roasted Potatoes Sauteed Spinach w/ Portobello Fruity Balsamic Salad Seasonal Fresh Fruit	Mushroom Barley Soup Spaghetti and Meatballs Pesto Cauliflower Garlic Bread Focaccia Spinach Citrus Salad Seasonal Fresh Fruit	Taanit Esther			

**Daily Offerings:**

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