



The Ramaz School



FEBRUARY MENU for the ECC and Lower Schools

			Thursday 2/1 Butternut Squash Soup Fish Sticks Corn on the cob Steak Fries House Made Slaw Seasonal Fresh Fruit	Friday 2/2 Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Sugar Cookies
Monday 2/5 Lentil Soup Mac and Cheese Steamed Broccoli Roasted Butternut Squash Black Bean Edamame Salad Seasonal Fresh Fruit	Tuesday 2/6 Creamy Cauliflower Soup Taco Tuesday Spanish Rice Roasted Peppers and Onions Fiesta Corn Salad Seasonal Fresh Fruit	Wednesday 2/7 Chicken Orzo Soup Shwarma w/ Pita Couscous w/ caramelized onion Steamed Green Beans Hummus / Israeli Salad Seasonal Fresh Fruit	Thursday 2/8 Vegetable Gumbo Pasta Bar Sweet Potato Wedges Parmesan Zucchini Rounds Mango Jicama Salad Seasonal Fresh Fruit	Friday 2/9 Potato Leek Soup Pizza Vegetable Pizza Vegetable Medley Potato Chips (MS only) 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	Oatmeal w/ toppings French Toast Hashbrowns Steamed Broccoli Greek Salad Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Double Chocolate Cookies
Monday 2/26	Tuesday 2/27	Wednesday 2/28		
Zucchini Garlic Soup Baked Ziti Steamed Carrots Sauteed Greens Fruity Balsamic Salad Seasonal Fresh Fruit	Mushroom Barley Soup Spaghetti and Meatballs Pesto Cauliflower Garlic Bread Focaccia Spinach Citrus Salad Seasonal Fresh Fruit	Minestrone Soup Mock "Chicken" Nuggets Edamame w/ Sea Salt Shoestring Fries Caesar Salad Seasonal Fresh Fruit		

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