



The Ramaz School

FEBRUARY MENU for the Middle School



				Thursday 2/1	Friday 2/2
				Butternut Squash Soup Fish Tacos Corn on the cob Steak Fries House Made Slaw Seasonal Fresh Fruit	Tomato Rice Soup Grilled Cheese Grilled Cheese w/ Tomato Vegetable Medley Potato Chips (MS only) Sugar Cookies
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	Vegetable Gumbo Pasta Bar Sweet Potato Wedges Parmesan Zucchini Rounds Mango Jicama Salad Seasonal Fresh Fruit	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 Ratatouille 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 (5th/6th only)			
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 Falafel in Pita Roasted Squash 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