



The Ramaz School



FEBRUARY 2019 MENU for the Upper School

				Friday 2/1
				Tomato Rice Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Rice Krispy Treats
Monday 2/4	Tuesday 2/5 (RC Adar)	Wednesday 2/6 (RC Adar)	Thursday 2/7	Friday 2/8
Split Pea Soup Macaroni and Cheese Roasted Carrots Sauteed Greens w/ Portobello Black Bean Edamame Salad Seasonal Fresh Fruit	Minestrone Soup Sloppy Joe Sandwiches Asparagus Stir-fry Cauliflower Rice Housemade Coleslaw Seasonal Fresh Fruit	Chicken Noodle Soup Oven "Fried" Chicken Roasted Corn Baby Red Potatoes Rainbow Quinoa Salad Seasonal Fresh Fruit	Navy Bean Soup Fish Tacos Roasted Broccoli Sweet Potato Wedges Greek Salad Seasonal Fresh Fruit	Potato Leek Soup Pizza Tuna Sandwiches Vegetable Medley Potato Chips Double Fudge Brownies
Monday 2/11	Tuesday 2/12	Wednesday 2/13	Thursday 2/14	Friday 2/15
Presidents Week	Presidents Week	Presidents Week	Presidents Week	Presidents Week
Monday 2/18	Tuesday 2/19 (Purim Katan)	Wednesday 2/20	Thursday 2/21	Friday 2/22
Presidents Day No Sessions	Creamy Cauliflower Soup Beef Sliders Shoe string fries Baked Beans Red Cabbage Slaw Seasonal Fresh Fruit	Chicken Orzo Soup BBQ Chicken Basmati Rice Oven Roasted Zucchini Israeli Salad Seasonal Fresh Fruit	Vegetable Gumbo Cheese Tortellini Sweet Potato Fries Roasted Brussel Sprouts Fruity Balsamic Salad Seasonal Fresh Fruit	French Onion Pizza Tuna Sandwiches Vegetable Medley Potato Chips Birthday Cake
Monday 2/25	Tuesday 2/26	Wednesday 2/27	Thursday 2/28	
Creamy Broccoli Soup Baked Ziti Roasted Butternut Squash Sauteed Garlic Kale Black Bean Quinoa Salad Seasonal Fresh Fruit	Butternut Squash Soup Spaghetti and Meatballs Pesto Cauliflower Garlic Bread Sticks Kale Caesar Salad Seasonal Fresh Fruit	Chicken Soup Chicken Nuggets Brown Rice Pilaf Steamed Green Beans Confetti Corn Salad Seasonal Fresh Fruit	Oatmeal w/ Toppings French Toast / Scrambled Eggs Hashbrown Potatoes Roasted Veggies Caprese Salad 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
- Daily Vegan Entrée Available