

SAMPLE MENU

2015

 LOWER SCHOOL

ALL MEALS INCLUDE:















- Fresh fruit and salad bar with seasonal and organic produce provided by local farms
- Boars Head premium deli sandwiches on **whole grain** and **gluten free bread options**
- Low fat yogurt
- Unsweetened applesauce

Vegetarian:  Gluten Free Option (upon request):  Produce of the Month:  Stretch Your Palette Day: 

Produce of the Month: Asparagus

The name asparagus comes from the Greek word meaning "sprout" or "shoot". Greeks and Romans cultivated asparagus over 2,000 years ago and valued the vegetable for its unique flavor and texture as well as its apparent medicinal uses. Asparagus is loaded with nutrients: fiber, folate, Vitamins A, C, E, K and B6. It can also be used as an anti-inflammatory agent, heart and blood pressure regulation and digestive support. California produces a significant (nearly 75%) of the asparagus for the United States. The asparagus grown in California is most available between the months of March and June each year. California asparagus is shipped within hours after harvesting; specially designed crates are cartoons are made to ensure the asparagus arrives safely to its final destination.



Monday	Tuesday	Wednesday	Thursday	Friday
ENTRÉE MEATLESS MONDAY!	ENTRÉE Beef Taco in Whole  Wheat Tortilla Spanish Brown Rice Guacamole	ENTRÉE Swedish Turkey Meatballs Egg Noodles Sautéed String Beans	ENTRÉE Teriyaki Chicken Thighs  California Rolls Sesame Stir Fried with Asparagus 	ENTRÉE Tandoori Marinated Chicken Breast  Naan Bread Roasted Cauliflower
VEGGIE CAFÉ  Cheese Pizza on Wheat English Muffins  Caesar Salad Melon Wedges	VEGGIE CAFÉ  Whole Wheat Bean & Cheese Burritos  Spanish Brown Rice Guacamole & Tortilla Chips	VEGGIE CAFÉ  Swedish Veggie Meatballs Egg Noodles Sautéed String Beans	VEGGIE CAFÉ  Teriyaki Veggie Tenders Cucumber & Avocado Rolls  Sesame Stir Fried with Asparagus 	VEGGIE CAFÉ  Tandoori Tofu  Naan Bread Roasted Cauliflower
PM SNACK BAR Veggie Wraps Low Fat Yogurt	PM SNACK BAR Granola Bars String Cheese	PM SNACK BAR Soft Pretzels Apples & Soy Butter	PM SNACK BAR Egg Salad Sliders Cereal & Milk	PM SNACK BAR Cheese-its Apple Sauce



1 DAY A WEEK, IN 1 YEAR:

- ✓ Save 84,000 gallons of H₂O
- ✓ Reduce your Risk of Heart Disease & Cancer
- ✓ Save 15.5 gallons of Gasoline
- ✓ Save 240 lbs. of grain

SNACK BAR BEVERAGES

Monday, Wednesday, Friday: Bottled Water or Clover Organic 1% Milk
Tuesday & Thursday: Bottled Water or 100% Juice Capri Sun

***Please contact Kitchen Manager, David Hendricks @ DavidH@harker.org for more information on GF options.**

