

SAMPLE MENU

2015



MIDDLE SCHOOL

ALL MEALS INCLUDE FRESH SOUP, DELI SANDWICHES, SALAD BAR, FRUIT & DESSERT

Vegetarian: Gluten Free Options: Produce of the Month:

Produce of the Month: Winter Greens

At Harker, we love our Kale. What used to be a frilly green decoration in food displays, kale is now known as nutritious superfood! Kale is thought to have descended from wild cabbage in Asia or countries around the Mediterranean. The Romans grew kale as far back as 2,200 years ago! Not only did they know of this winter surviving dark, leafy green, they also recognized its health benefits as proven in their extensive writings. Kale is naturally loaded with cancer fighting compounds. It is high in antioxidants such as Vitamin C, Vitamin A and beta-carotene. One serving of kale also provides more calcium than a 6 ounce glass of milk, something that can be hard to find for lactose intolerant or vegan individuals.



Monday	Tuesday	Wednesday	Thursday	Friday
INTERNATIONAL GRILL Cilantro Lime Chicken Wings Spanish Rice & Beans Fresh Pico De Gallo	INTERNATIONAL GRILL BBQ Pork Ribs Ranch Beans Sautéed Winter Greens	INTERNATIONAL GRILL Grilled Teriyaki Chicken Fried Brown Rice Snow Peas	INTERNATIONAL GRILL Beef Pot Roast served with Root Vegetables Yukon Gold & Red Potato Mash	INTERNATIONAL GRILL Chicken Pot Pie Winter Greens Salad with Light Vinaigrette
VEGGIE CAFÉ Bean & Cheese Burritos	VEGGIE CAFÉ Vegetable Jambalaya w/ Corn Muffins	VEGGIE CAFÉ Sweet and Sour Tofu Stir Fry	VEGGIE CAFÉ Cheesy Creamy Polenta w/ Glazed Root Vegetables	VEGGIE CAFÉ Veggie Pot Pie
BISTRO Whole Wheat Turkey Bacon Ranch Wrap Wheat Caesar Wrap	BISTRO Shrimp Salad Rolls Egg Salad on Sourdough Bread	BISTRO Reuben on Marble Rye California Veggie on Croissant	BISTRO Ham and Boursin w/ Caramelized Onions Nutella and Pretzel	BISTRO Tuna Melts on Bagel Soy Butter & Banana w/ Honey
CARVING STATION Chicken Artichoke Sausage w/ Sundried Tomato Pesto	CARVING STATION Honey Mustard Glazed Ham	CARVING STATION Citrus Sage Turkey & Gravy w/ Biscuits	CARVING STATION Blackened Mahi Mahi w/ Mango Salsa	CARVING STATION BBQ Glazed Chicken w/ Hawaiian Rolls
FARMER'S MARKET Toasted Cauliflower & Radicchio Salad Swiss Chard Tzatziki	FARMER'S MARKET Greek Wedge Salad Potato & Kale Quinoa Salad 	FARMER'S MARKET Chicken, Barley and Mushroom Salad Celery Endive Salad	FARMER'S MARKET Kale, Fennel & Beet Salad Green Curry Salmon Slaw	FARMER'S MARKET Creamy Leek Pinwheel Tomato Carpaccio
CHOWDA HOUSE Fish Tacos w/ Cole Slaw	CHOWDA HOUSE Smoked Salmon Egg Scramble w/ Mini Bagel	PIZZARIA Assorted Pizza	CHOWDA HOUSE Seafood Chowda in Bread Bowls	CHOWDA HOUSE Orange Glazed Coconut Shrimp
REGIONAL ITALIAN Cheese Ravioli w/ Marinara Sauce	REGIONAL ITALIAN Chicken Saltimbocca over Angel Hair	REGIONAL ITALIAN Shrimp Scampi Sauce w/ Linguini	REGIONAL ITALIAN Cheese Stuffed Shells w/ Florentine Alfredo	REGIONAL ITALIAN Creamy Pesto Sauce with Whole Wheat Penne
HEALTHY CHOICE Pumpkin Soy Butter Dip w/ Fresh Apple Slices	HEALTHY CHOICE Chicken, Spinach and Goat Cheese Salad w/ Strawberry Vinaigrette	HEALTHY CHOICE Banana and Greens Smoothie w/ Greek Yogurt 	HEALTHY CHOICE Gluten Free Pasta Penne Pasta Salad w/ Arugula and Chipotle Vinaigrette	HEALTHY CHOICE Roasted Potato Salad w/ Honey Whole Grain Mustard Dressing