




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 