



Information For Parents  
**January 2009**  
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Monday	Tuesday	Wednesday	Thursday	Available Daily
<p>5</p> <p><b>School Closed To Students</b></p> <p><b>Faculty Professional Day</b></p>	<p>6</p> <p>Lentil Soup</p> <p>Baked Chicken w/ Herbs Wild Rice Pilaf Vegetable of the Day Endive &amp; Apple Salad Red Pepper Hummus</p> <p>Oatmeal Cookies</p>	<p>7</p> <p>Hearty Chicken Vegetable Soup Vegetarian Soup of the Day</p> <p>Baked Potato Day! Choice of Toppings Fresh Vegetable Medley Cobb Salad Pita Special Salad</p> <p>Homemade Apple Crisp</p>	<p>8</p> <p>Vegetarian Potato-Leek Soup Soup of the Day</p> <p>Beef Stew over Noodles w/ Winter Vegetables Smoky Bean Salad Couscous &amp; Roasted Vegetable Salad</p> <p>Carrot Cake w/ Cream Cheese Frosting</p>	<p><b>Available Daily</b></p> <p>*Make Your Own Sandwich w/ Assorted Cold Cuts Bagels and Cream Cheese Fresh Fruit Yogurt Salad Bar 1% Milk Skim Milk Whole Milk Assorted Juices</p> <p>Please Note: Soy Milk 100% Lactaid Gluten-Free Items available daily</p> <p><b>Mondays and Wednesdays</b> Fat-Free Chocolate Milk</p> <p><b>Tuesdays and Thursdays</b> Ice Cream Sorbet</p> <p>Please Note: Changes to the menus may have to be made because of market conditions and problems with delivery.</p> <p>* Available to Middle and Upper School</p> <p>Whole-Wheat Pasta Will Be Available When Pasta Is Served</p>
<p>12</p> <p>Butternut Squash w/ Ginger Soup Soup of the Day</p> <p>Penne w/ Meat or Tomato Sauce Fresh Broccoli Antipasto Salad Fresh Arugula Special Sandwich: Egg Salad</p> <p>Cookies</p>	<p>13</p> <p>North African Split Pea Soup Tomato Soup</p> <p>Grilled Cheese or Grilled Cheese w/ Ham Steamed Green Beans w/ Herbs Chef's Special Sandwich Pasta Primavera Salad Edamame</p> <p>Homemade Pear &amp; Apple Crumble</p>	<p>14</p> <p>Pistou Provencal</p> <p>Tuna &amp; Pita Veggie Tuna Potato Chips Macaroni Salad Special Sandwich: Vermont-Style Chicken Salad on a Soft Roll Carrot-Raisin Salad</p> <p>Special Dessert</p>	<p>15</p> <p>Cream of Mushroom Soup Vegan Soup of the Day</p> <p>Baked Meatloaf Smashed Red Potatoes Vegetables of the Day Macaroni Salad Fresh Brussels Sprout Salad Roasted Eggplant</p> <p>Spice Cake</p>	
<p>19</p> <p><b>Martin Luther King Jr.'s Birthday</b></p> <p><b>School Closed</b></p>	<p>20</p> <p>Manhattan Clam Chowder</p> <p>Hamburger on a Bun or Veggie Burger Tater Tots Mexican Corn Calico Salad Greek Salad Pita Roasted Tofu</p> <p>Banana Cake</p>	<p>21</p> <p>Turkish Spinach Lentil Soup</p> <p>Filet of Sole w/ Chopped Olive Salad Panko-Breaded Oven Fried Filet Vegetable of the Day Rice Pilaf Special Salad: Granny Smith Turkey Salad</p> <p>Chef Leo's Special Dessert</p>	<p>22</p> <p>Vegetarian Vegetable w/ Barley</p> <p>Savory Chicken Pot Pie Savory Root Vegetable Pot Pie Fresh Vegetable Medley Beet &amp; Caper Salad Special Salad Bar Salad Hummus &amp; Pita</p> <p>Chewy Chocolate Gingerbread Cookies</p>	
<p>26</p> <p>Soup of the Day</p> <p>Baked Macaroni &amp; Cheese Hearty Vegetable French Ragout Tabouli Curried Chicken Salad Special Salad Bar Salad</p> <p>Oatmeal Cookies</p>	<p>27</p> <p>Old-Fashioned Chicken Noodle Soup</p> <p>Meatball Hero Vegetarian Selection Fresh Green Beans Greek Salad Special Salad</p> <p>Jell-O</p>	<p>28</p> <p>Egg Drop Soup</p> <p>Chicken &amp; Broccoli Tofu &amp; Oriental Vegetables Sticky Rice Vegetarian Egg Rolls Special Salad Bar Salad Edamame</p> <p>Pineapple &amp; Oranges</p>	<p>29</p> <p>Soup of the Day</p> <p>Muenster Bagels Frittata Special Salad Caesar Salad Fennel Salad Hummus</p> <p>Mrs. H's Apple Cake</p>	