



The Summit Country Day School

Eat 5-9 A DAY August/September 2010 * Underlined Items Less Than 30% Fat



Mon	Tue	Wed	Thu	Fri
Middle & Upper School Menu				
23 Caesar Salad w/ <u>Summit Garden Tomatoes, Herbs and available items</u> w/ Grilled Chicken or Salmon or Chicken Sandwich Fresh Vegetable Tray (Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Watermelon Milk	24 Homemade Cheese Pizza, Homemade Vegetarian Pizza or Homemade Pepperoni Pizza Fresh Vegetable Bar Fresh Fruit Cup Fortune Cookie Milk	25 Quarter Pound Burger w/ Cheese opt. or Veggie Burger Multi Grain Chips Fresh Vegetable Tray (<u>Summit Garden Tomatoes, Herbs and available items</u>) Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Sliced Apples Milk	26 Make your own Southwest Grill* (see below) Seasoned Fresh Green Beans Fresh Fruit Cup Milk	27 Homemade Pesto (<u>from Summit Garden</u>) and Multi Grain Pasta with Seasoned Chicken or Touch Down Chili w/ Hm. Corn Bread Seasoned Corn Fresh Orange Blossoms Animal Crackers Milk
<u>A La Carte items</u> Buffalo Chicken Sandwich w/ Ranch opt Vegetable Quesadillas Tuna Salad Homemade Vegetable Soup	Turkey low fat cheese Chipotle Sauce on Pumpernickel Open Faced Bagel/Chicken Wild Rice Feta Salad Thin Crust Firecracker Pizza Homemade Chicken Noodle Soup	Apple Walnut Salad w/Citrus Vinaigrette Chicken Salad on Foccacia Bread Homemade French Onion Soup Organic Granola Bars	Southwest Grill Burritos Turkey, Ham or Salami Hoagie Soft Pretzels/ Chicken Strips Homemade Soup of the Day	Chicken Nuggets Hot Nachos/Salsa/Cheese/Sour Cream Homemade Chicken Wild Rice Soup Homemade Smoothies
30 Cheese Filled Bosco Stick With Marinara Sauce (<u>Summit Garden Tomatoes, Herbs and available items</u>) or Sloppy Joe Sandwich Steamed Corn Sliced Peaches or Fresh Fruit Fruit Troll Milk	31 Gourmet Pretzel Sandwich (Turkey Breast, Ham, Salami, Cheese opt) Mixed Green Salad with Vinaigrette or Ranch Dressing (<u>Summit Garden Tomatoes, Herbs and available items</u>) Cinnamon Applesauce Fortune Cookie Milk	1 Crunchy Oven Baked Chicken Fingers, Lettuce and Cheese Wrap Carrot and Celery Sticks with Ranch Dressing opt. Sliced Oranges and Grapes Homemade Brownie Milk	2 Pasta with <u>Summit Garden Marinara Sauce</u> with Parmesan opt. or Italian Meatballs w/ <u>Summit Garden Marinara Sauce</u> over Pasta & Parmesan Opt. Seasoned Breadstick Steamed Vegetables Fruit Choice / Milk	3 Herbed Chicken Breast w/ Italian Bow Tie Pasta and Rosemary Foccacia or Grilled Cheese on Wheat and <u>Tomato Soup</u> Seasoned Broccoli, Corn & Carrots Choice of Fruit Milk
<u>A La Carte items</u> Combo Meat Multi Grain Wraps Turkey Provolone Wraps/ Tuna Salad Broccoli Casserole/ Broccoli Slaw Baked Potato/ Chicken Strips Homemade Chicken Noodle Soup	Hm. Chicken Wild Rice Casserole Candied Walnut, Blue Cheese Grape Salad Steak Fries/ Quarter Pound Burgers Homemade Vegetable Soup	French Dip Sandwich Roasted Vegetable Wraps w/ Multi Grain Rice/ Wh. Wheat Soft Pretzel Steamed Broccoli Hm. French Onion Soup w/ Mozz./Croutons	Hot Ham and Cheese Croissant Breadsticks with Sauce/Chicken Nuggets Tomato, Feta and Basil Salad Homemade Chicken Noodle Soup	Herbed chicken Breast Sandwich 6 inch Personal Pan Pizza including Cheese and Pepperoni Homemade Soup of the Day
6 Holiday  	7 Chili Cheese Dog/Turkey Dog Hard Boiled Egg with Crackers Homemade Macaroni and Cheese Seasoned Fresh Green Beans Watermelon or Sliced Peaches Milk	8 Hard, Soft Shell Taco or Taco Salad (Chicken or Beef) w/ Chipotle Sauce Corn Chips Fresh Vegetable Tray (<u>Summit Garden Tomatoes, Herbs and available items</u>) Broccoli, Cherry Tomatoes, Carrots, Celery, Zucchini, Squash) w/ Ranch Opt. Sliced Organic Apple or Strawberry Smoothie / Milk	9 Baked Seasoned Tilapia with Herbed Flat Bread or Homemade Chicken Spaghetti Parmesan Mixed Green Salad w/ <u>Summit Garden Tomatoes, Herbs and available items</u> Sliced Pears Milk	10 Hm. Chicken & Cheese Quesadillas or Three Cheese Quesadillas or French Country Plate (Croissant, Assorted Cheeses & Grapes) Steamed Broccoli and Steamed Carrots Strawberries and Grapes Animal Crackers Milk
<u>A La Carte items</u>	Organic Applegate All Beef or Turkey Dog Cobb Salad Quarter Pound Burger w/ Cheese opt. Homemade Chicken Noodle Soup	Chicken Sandwich Seasoned Noodles/ Refried Beans Soft Pretzel/ Beans and Rice Homemade Cream of Broccoli Soup	Ham/ Turkey Wrap Baked Seasoned Tilapia Salad 6 inch Personal Pan Pizza Chicken Buffalo Wings Baked Sweet Potatoes	Quarter lb. Burgers with cheese opt. Homemade French Onion Soup Baked Whole Grain Ziti Pasta w/ Grilled Chicken, Feta, Tomatoes and Basil from The Summit Garden/ Steak Fries

Available Daily: Homemade Soups, Assorted Yogurts, Fresh Fruit, Fresh Fruit Salad, Assorted Meat Sandwiches, Homemade Tuna Salad (Homemade Chicken, Egg or Ham Salad rotated)
Assorted Bagel & Cream Cheese Bar, Fresh Meat Sandwiches, PB&J Sandwiches, Cheese and Vegetable Plates, Frozen Non Fat Yogurt Machine, Snacks including baked and Low Fat items.

Homemade Salads (Rotated): Black Bean, Corn and Cilantro Salad, Greek Slaw Salad, Pasta Salad, Spinach, Wild Rice and Feta Salad, Tomato, Feta, Basil Salad, Slaw Salad, Greek Salad, Caesar Salad, Cobb Salad, Salmon, Feta and Parmesan Salad, Chicken, Feta and Mandrin Orange Salad, Candied Walnut, Blue Cheese & Grape Salad....much more!

Fresh Extensive Salad Bar including Ham and Turkey (1.5 gms. per 2 oz. serving).Homemade Strawberry Banana Smoothies (Thursdays)

Daily Breakfast Offerings from 7:30- 8:15am including Pancakes, Bacon, Asst Hot Croissant Sandwiches, Asst. Cereals, Poptarts, Fresh Fruit, Multi Grain and Granola Bars,

Bagel and Cream Cheese Bar, Plain and Whole Wheat (high fiber) English Muffins, Coffee, Hot Chocolate, Milk, Asst. Juices and Water.

****Southwest Grill:** Fajitas, Burritos, Wraps, Salads to your liking. Choose Grilled Chicken, Chicken Strips, Taco Meat, Rice, Corn Bean Relish, Onion, Shredded Lettuce, Sour Cream, Tomatoes, Cheese...



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Light and Trim Plate Special Aug/Sept \$3.40



Mon	Tue	Wed	Thu	Fri
23 Grilled Chicken or Salmon Mixed Green Salad Fresh Apple Spa Water, Water or Iced Tea	24 Turkey, low fat Cheese, Chipolte Sauce on Pumpernickel open faced Bagel Fresh Fruit Salad Spa Water, Water or Iced Tea	25 Veggie Burger Small Apple Salad with Citrus Vinaigrette Spa Water, Water or Iced Tea	26 Southwest Grill- make your own with Lettuce, Whole Grain Rice, Corn Bean Relish, Chicken, Tomatoes, Salsa, low fat cheese... Fresh Apple Spa Water, Water or Iced Tea	27 Multi Grain Pesto Chicken Pasta Salad Homemade Strawberry, Blueberry, Banana Smoothie Spa Water, Water, or Iced Tea
30 Turkey Pesto Multi Grain Wrap on Panini Grill Homemade Broccoli Slaw Fresh Apple Spa Water, Water or Iced Tea	31 Homemade Vegetable Soup Grilled Chicken Salad with Edamomies Spa Water, Water or Iced Tea	1 Roasted Vegetable and Whole Grain Rice on Multi Grain Wrap Fresh Fruit Salad Homemade Hummus Dip Spa Water, Water or Iced Tea	2 Multi Grain Pasta with Summit's Garden Marinara Sauce and Parmesan Small Salad Spa Water, Water or Iced Tea	3 Herbed Chicken Breast Broccoli, Corn and Carrots with Olive Oil and Mrs. Dash Fresh Strawberries Spa Water, Water or Iced Tea
6 Holiday!!	7 Cobb Salad with Light Balsamic Vinaigrette or Light Ranch Dressing Fresh Apple Spa Water, Water or Iced Tea	8 Light Chicken Taco Salad Fresh Fruit Salad Spa Water, Water or Iced Tea	9 Baked Tilapia Steamed Broccoli Baked Sweet Potato Spa Water, Water or Iced Tea	10 Baked Whole Grain Ziti with Grilled Chicken, Feta, Tomatoes and Basil from The Summit Garden Fresh Apple Spa Water, Water or Iced Tea