



The Blake School Upper School Lunch Menu



May
2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAY HARVEST OF THE MONTH Asparagus Wheatberries Apricots</p>	<p>1 HAPPY MAY DAY! Citrus Baked Tilapia Party Potatoes Teriyaki Beef Hoagie Chicken Alfredo Pizza Lasagna Cheese Roll Ups Crab & Corn Chowder Sautéed Yellow Squash & Zucchini Fussili Fruit Salad Double the Chocolate Chips Cookie</p>	<p>2 Mole Chicken Creamy Polenta Japanese Pork Noodle Bowl Monte Cristo Sandwich Herbed Tofu Fritter & Tomato Vinaigrette Chicken Noodle Soup Queso Fresco Tomato Black Bean Taco Salad</p>	<p>3 Meatball Sub Tater Tots Apricot Stuffed Turkey Bread & Rosemary Sauce Thin Crust Fajita Pizza Corn & Black Bean Pizza Square Carrot Rosemary Soup Queso Fresco Colli Quinoa, Gouda & Apple Salad</p>	<p>4 Turkey Pot Pie Szechwan Beef Steamed Rice Chicken Benedict Vegetarian Chili Bar Potato Cheddar Soup Green Beans Brazilian Salad</p>
<p>7 Shrimp & Garlic Sauce Steamed Jasmine Rice Country Style Ribs with Apple & Sauerkraut Croque Madame Phyllo, Feta & Lentil Squares Tomato Basil Bisque Sautéed Sugar Snap Peas Pineapple Bulgur Wheat Salad</p>	<p>8 Gnocchi with Sausage & Spinach Wild Rice & Parmesan Crusted Chicken Breakfast Pizza Veggie Melt in a Bread Bowl Minnesota Wild Rice Soup Glazed Carrots Ginger Cucumber Salad</p>	<p>9 Foccacia Stratta Bake Home Fries & Sausage Links Chicken Breast with Pear Sauce Meatloaf Sandwich Vegetables Korma Oatmeal Roasted Vegetables Ancient Grain Salad</p>	<p>10 Tacos de Tinga All the Fixings Kielbasa, Peppers, Onions & Potatoes Sausage, Onion & Pepper Pizza Chilaquiles with Egg Passole Refried Beans Roasted Potato & Basil Salad</p>	<p>11 Last Day of Class for Seniors! Ferndale Market Turkey Burger All the Fixings Chips Tuscan Pasta Salad Firenze Corn Salad</p>
<p>14 Pad Thai Rice Noodles Carved Beef Rouladen & Spaetzle Chicken Caesar Pita Vegetarian Pad Thai Italian Wedding Soup Sautéed Bok Choy Strawberry Salad with Cinnamon Vinaigrette</p>	<p>15 Enchilada Bake Kung Pao Chicken Steamed Rice Wheat Crust Meatball Pizza Mushroom Cassoulet Crab & Corn Chowder Corn Jareer Salad</p>	<p>16 Lasagna Garlic Breadstick Chef Carved Pastrami Sandwich Greek Flatbread Panini Coconut & Black Rice Stuffed Peppers Chicken Noodle Soup Steamed Broccoli Fruited Wheat Berry Salad Vanilla Pudding Cake</p>	<p>17 Chipper Fish Oven Baked Potato Wedges Strudel Rustica Pepperoni & Black Olive Pizza Veggie Grilled Cheese on Sourdough Carrot Rosemary Soup Wilted Spinach Telluride Pasta Salad Cherry Pie Bar</p>	<p>18 Beef & Broccoli Stir Fry Steamed Rice Midwest Goulash Bayou Chicken Sandwich Mushroom Ravioli with Garlic & Artichoke Sauce Cuban Navy Bean Soup Sautéed Asparagus Athenian Couscous Salad Cookie</p>
<p>21 Pinto Bean Quesadillas & Fixings Spanish Vermicelli Chicken Wellington Beef & Caramelized Onion Tartine Portabella Fajitas with Fixings Passole Sautéed Peppers, Onions & Tomatillos Green Goddess Salad</p>	<p>22 Turkey Cannelloni Bahn Mi Roasted Chicken Sandwich Thin Crust Tinga Pizza Vegetable Stew with Corn Meal Dumplings Minnesota Wild Rice Soup Italian Vegetable Blend Caesar Salad Chocolate Macaroon Cake</p>	<p>23 Indian Curry Chicken or Lamb Steamed Basmati Rice Pork Cutlet with Mushroom Sauce Southwestern Wrap Vegetarian Wrap with Blue Cheese & Pear Quinoa Chicken Chili Sugar Snap Peas Minty Couscous Salad Lemon Pound Cake</p>	<p>24 Mostaccioli with Meatballs Turkey Shepherds Pie Roasted Vegetable Pizza Eggplant Hero Parmesan Sandwich Tomato Basil Bisque Sautéed Asparagus Cobb Salad Key Lime Pie Bar</p>	<p>25 Grilled Brat or Hotdog Baked Beans Chips Potato Salad Coleslaw Ice Cream Treat</p>
<p>28 MEMORIAL DAY AVAILABLE DAILY: Fresh Fruits & Vegetables Skim, 1% Milk & Yogurt Salad Bar & Deli Bar Peanut Butter & Jelly</p>	<p>29 Menu to be Determined</p>	<p>30 Menu to be Determined</p>	<p>31 Menu to be Determined</p>	<p>1 Menu to be Determined</p>

Harvest of the Month



HONEY

Bees have been producing honey from flowering plants for at least 10 million years!

A hive of bees flies over 55,000 miles to bring you one pound of honey. A honey bee can fly 15 miles per hour.

Honeybees must tap two million flowers to make one pound of honey.

Each worker honey bee makes 1/12th teaspoon of honey in its lifetime.



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Menus are subject to change without notice.