

Jayhawk Café

Lower School February 2020 Menu *Gluten Sensitive

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Southern Comfort	Global Adventure	American BBQ Series	Platillo Latino	Southern Comfort
Crispy Clover Dairy Cheddar Macaroni & Cheese, Southern Style Green Beans, & Chopped Romaine Salad with Citrus Vinaigrette	All Natural Chicken, English Peas, & Yukon Gold Potato Yellow Thai Curry or Tofu, English Pea, & Yukon Gold Potato Yellow Thai Curry, Coconut Basmati Rice, & Oven Roasted Cauliflower	Texas Style BBQ Baby Back Ribs or Crispy BBQ Tofu Tenders, Oven Roasted Gilroy Garlic Creamy Red Bliss Mashed Potatoes, Ocean Mist Broccoli, & Watermelon Wedges Fresh Baked Sugar Cookies	All Natural Chicken Tamales, or Cheddar Cheese Tamales, Slow Cooked Refried Beans, Mexican Style Jasmine Rice, with House Made Salsa Verde, Queso Fresco, & Sour Cream	Crispy Chicken & Waffles or Crispy Tofu Tenders & Waffles, Warm Maple Syrup, Green Bean Succotash, & Seasonal Fruit Salad
10	11	12	13	14
Platillo Latino	Global Adventure	Caribbean Cuisine	Kitchen Table	Pizza Day
Vegetable Tortilla Soup with Three Cheese Quesadillas, Sour Cream, Queso Fresco & a Chopped Mexican Salad with Creamy Cilantro Ranch Dressing	All Natural Lemon Chicken & Asparagus Stir Fry or Lemon Tofu & Asparagus Stir Fry over Jasmine Rice, Crispy Chicken Pot Stickers or Veggie Egg Rolls	Jamaican Jerk Chicken or Jamaican Jerk Tofu, Caribbean Jasmine Rice, Oven Roasted Turmeric Carrots, & Pineapple Salsa	Italian Sausage, Tri-Colored Bell Peppers over Penne Pasta with House made Marinara, or Tri-Colored Bell Peppers over Penne Pasta with House Made Marinara, Romaine & Spinach Salad	Three Cheese Pizza, or Pepperoni Pizza, Oven Roasted Ocean Mist Broccoli, Seasonal Citrus & Melon Salad ***NEW*** Gluten Free Cheese Pizza offered upon request
17	18	19	20	21
No School	No School	No School	No School	No School
24	25	26	27	28
Platillo Latino	Global Adventure	Southern Comfort	Global Adventure	Pizza Day
Burrito Bowl with Spanish Style Jasmine Rice, Slow Cooked Black Beans, House Made Webb Ranch Oven Roasted Tomato Salsa, Sour Cream, Clover Dairy Cheddar Cheese, Shredded Lettuce, & Tortilla Tri Colored Chips	All Natural Grilled Pineapple Chicken Stir-Fry Jasmine Rice Bowl or Grilled Pineapple Tofu Stir-Fry Jasmine Rice, & Valencia Orange Wedges	Crispy Chicken Fried Steak, or Crispy Fried Tofu Steak, Creamy Sausage Gravy or Veggie Gravy, Smashed Red Bliss Potatoes, & String Beans Fresh Baked Chocolate Chip Cookie	Hawaiian Style All Natural Chicken Teriyaki, or Tofu Teriyaki over Jasmine Rice, Creamy Macaroni Salad, Sesame Ginger Broccoli	Three Cheese Pizza, or Pepperoni Pizza, Oven Roasted Faurot Farm Baby Carrots with House Made Creamy Dill Dressing, Thompson Seedless Grape Clusters ***NEW*** Gluten Free Cheese Pizza offered upon request