

# Jayhawk Café

Middle & Upper School February 2020 Menu \*Gluten Sensitive

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Southern Comfort</b>	<b>Global Adventure</b>	<b>American BBQ Series</b>	<b>Platillo Latino</b>	<b>Southern Comfort</b>
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, Gilroy Garlic Creamy Red Bliss Mashed Potatoes, Ocean Mist Broccoli, & Watermelon Wedges	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
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Platillo Latino</b>	<b>Global Adventure</b>	<b>Caribbean Cuisine</b>	<b>Kitchen Table</b>	<b>Platillo Latino</b>
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, Gilroy Garlic Bread Sticks	All Natural Slow Cooked Chile Verde Pork or Chile Verde Tofu, Slow Cooked Pinto Beans, Mexican Style Jasmine Rice, Sour Cream, Queso Fresco, & Corn Tortillas
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Platillo Latino</b>	<b>Global Adventure</b>	<b>Southern Comfort</b>	<b>Global Adventure</b>	<b>Platillo Latino</b>
Burrito Bowl with Spanish Style Jasmine Rice, Slow Cooked Black Beans, House Made Webb Ranch 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 Bowl, & Valencia Orange Wedges	Crispy Chicken Fried Steak, or Crispy Fried Tofu Steak, Creamy Sausage Gravy or Veggie Gravy, Smashed Red Bliss Potatoes, & String Beans	Hawaiian Style All Natural Chicken Teriyaki, or Tofu Teriyaki over Jasmine Rice, Creamy Macaroni Salad, Sesame Ginger Broccoli	All Natural Chicken Fajitas, or Meatless "Chick'n" Fajitas, Cilantro Brown Jasmine Rice, Slow Cooked Pinto Beans, House Made Salsa Verde, Sour Cream, Queso Fresco & Corn Tortillas