



Friends School
OF BALTIMORE

Giving to Friends Search

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Overview & Account Form
LS Monthly Menu
MS/US Weekly Menu

Parents Dining Hall Options



Please contact the Dining Services Manager and/or Chef to discuss safe food options for children with allergies.

Please contact the Dining Services Manager and/or Chef to discuss Vegan Options.

Middle & Upper School Weekly Menu

Tuesday, May 25, 2010	
Entrée	Philly Cheesesteak \$4.75
Soup	Cream of Crab Soup \$3.00
Sandwich	Turkey on Whole Wheat \$4.00 Garden Veggie Wrap \$3.50
Salad	Taco Salad Bar \$4.75
Pizza	Green Pepper & Mushroom \$1.75
Nibbles	Chicken Tenders \$3.00
Side Dishes	Green Beans w/ Peppers \$1.00 Baked Wedge Fries \$1.75
Vegetarian	None
Wednesday, May 26, 2010	
Entrée	Macaroni & Cheese Bar \$3.75
Soup	Vegetable Lentil \$2.00
Sandwich	Chicken Caesar Wrap \$4.75
Salad	Tuna Salad w/ Field Greens \$4.75
Pizza	Buffalo Chicken Pizza \$2.25
Nibbles	Mozzarella Sticks \$3.00
Side Dishes	Steamed Broccoli \$1.00
Vegetarian	Tomato Basil Salad \$.35 per ounce
Thursday, May 27, 2010	
Entrée	Bacon \$0.85/Sausage \$0.75
Soup	Cold Melon Soup \$2.00
Sandwich	Ham & Cheddar Croissant \$3.75 Grilled Chicken Salad \$3.75
Salad	Bacon & Spinach \$4.75
Pizza	Breakfast Pizza \$2.25
Nibbles	Hashbrowns \$1.00
Side Dishes	Home Fries \$1.25 Spinach & Tomatoes \$1.00
Vegetarian	Pancake Bar \$2.50
Friday, May 28, 2010	
Entrée	Chicken Quesadilla \$3.25
Soup	Chicken Corn Chowder \$2.00
Sandwich	BBQ Turkey Wrap \$4.50
Salad	Chicken Caesar Salad \$4.75
Pizza	Tomato & Basil Pizza \$1.75
Nibbles	Soft Pretzel \$1.75
Side Dishes	Black Beans & Rice \$1.25 Grilled Zucchini \$1.00
Vegetarian	Vegetable Quesadilla \$2.75

Local vegetables will be available daily as season and availability allow.

We offer a full breakfast every Tuesday, Thursday, and Friday.

Full breakfast includes a rotation of
scrambled eggs \$1.25
hashbrown \$1.00
fried potatoes \$1.25
bacon \$0.85
sausage links \$0.75
french toast \$1.75
pancakes \$1.50

Daily Offerings

Salad Bar (11:00 a.m. - 1:35 p.m.)	\$0.35/oz
Soup (2 or 3 options daily)	\$2.00
Seasonal Whole Fruit	\$0.80
Roast Beef & Cheese	\$4.00
Turkey & Cheese	\$4.00
Peanut Butter & Jelly	\$1.55
Bagel	\$1.05
Scones	\$1.75
Apple Turnover	\$1.75
Dannon Yogurt	\$1.00
Yogurt Parfait	\$1.75
Chips	\$0.80
Gummi Worms	\$1.25
Nutrigrain Bar	\$1.00
Pretzels	\$0.35
Yogurt Pretzels	\$1.75
Fig Newton	\$0.75
Lorna Doone	\$0.75
Fresh Fruit Cup	\$2.50
Chocolate Pudding	\$1.00
Vanilla Pudding	\$1.00
Jello	\$1.00