

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
✓ 2 AMERICAN Portabello Strips, Macaroni & Cheese, Steamed Broccoli, and a Banana	✓ 3 AMERICAN Herb n' Lentil Sliders, House Mashed Potatoes & Gravy, Roasted Corn, and Grapes	✓ 4 ITALIAN Baked Ziti, Garlic Breadstick, Steamed Cauliflower, and Apple Slices	✓ 5 BREAKFAST FOR LUNCH French Toast with Maple Syrup, Hashbrown with Organic Ketchup, and Strawberries	✓ 6 SANDWICHES Organic Sunflower Butter & Jelly Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and Orange Slices
✓ 9 ASIAN Teriyaki Lo Mein with Broccoli, Snap Peas, Carrots & Bell Peppers, Brown Rice, Sea Salt Edamame, and a Banana	✓ 10 ITALIAN Parmesan Alfredo, Garlic Breadstick, Steamed Corn, and Strawberries	✓ 11 AMERICAN Portabello Strips, Cilantro Lime Rice, Steamed Carrots, and Apple Slices	✓ 12 AMERICAN Herb n' Lentil Sliders, House Tots with Organic Ketchup, Steamed Cauliflower, and Orange Slices	13 STUDENT HOLIDAY Staff Development Day
✓ 16 AMERICAN Lentil burger Slider with Fresh Lettuce & Tomato, House Tots with Organic Ketchup, and a Banana	✓ 17 ITALIAN Vegetarian Spaghetti Bolognese, Garlic Breadstick, Caesar Salad, and a Banana	✓ 18 ASIAN Vegetarian Stir-fry with Broccoli, Snap Peas, and Carrots, Organic Brown Rice, Sea Salt Edamame, and Orange Slices	✓ 19 MEXICAN Santa Fe Burrito with Black Beans, Cheddar Cheese, & Spanish Rice, Roasted Corn, and Apple Slices	✓ 20 SANDWICHES Avocado mega wrap, Carrot & Celery Sticks with House Ranch Dip, and a Fresh Fruit Medley
✓ 23 MEXICAN Grilled Cheese Quesadilla, Steamed Corn, and a Banana	✓ 24 ASIAN Portabello Strips, Organic Brown Rice, Steamed Broccoli, and Orange Slices	✓ 25 AMERICAN Herb n' Lentil Sliders, Hashbrown, Steamed Cauliflower, and Grapes	✓ 26 AMERICAN Grilled Cheese on Country White, Tomato Basil Soup, and Strawberries	✓ 27 SANDWICHES Organic Sunflower Butter & Jelly Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and Apple Slices
✓ 30 AMERICAN Portabello Strips, Macaroni & Cheese, Steamed Broccoli, and a Banana	✓ 31 BREAKFAST FOR LUNCH French Toast with Maple Syrup, Hashbrown with Organic Ketchup, and Orange Slices			

ABOUT STUDENT LUNCHES BY LOKL GOURMET

✓ = indicates entrees that are 100% vegetarian

We use locally-sourced and organic ingredients whenever possible. Fruits and vegetables on the Organic Consumers Association's "dirty dozen" list are always organic. Those that are on their "clean fifteen" list, and thus minimally affected by pesticides, are often, but not always, organic.

We use local, pasture-raised meats from Virginia, and organic dairy from Tricking Springs Creamery in Pennsylvania.

All of our dips, sauces, and baked good are made in-house with simple, wholesome ingredients. We do not add preservatives, colorings, or high fructose corn syrup to anything we make.

This menu is nut-free, but we are not a nut-free facility.

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