


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		ASIAN	AMERICAN	MEXICAN
		Teriyaki Shrimp Lo Mein with Broccoli, Snap Peas, Carrots, & Bell Peppers, Sea Salt Edamame, Cheddar Cheese Sticks, Orange Slices, and a Marshmallow Treat	Crispy Fish Sticks, House Macaroni & Cheese, Steamed Green Beans, Strawberries, and a Chocolate Pudding Cup	Mexican-Style Chicken with Sautéed Peppers & Onions, Spanish Rice, Southwest Spring Mix Salad with Chipotle Ranch Dressing, Fresh Fruit Medley, and a Chocolate Chip Cookie
6	7	8	9	10
ITALIAN	SANDWICHES	BREAKFAST FOR LUNCH	MEXICAN	SCHOOL'S CHOICE
Parmesan Chicken Alfredo, Garlic Breadstick, Caesar Salad with House Caesar Dressing, Banana, and a Brownie Bite	Smoked Turkey Bacon Sliders with Fresh Lettuce, Tomato, & Cucumber, Bowtie Pasta Salad, Grapes, and a Snickerdoodle Cookie	French Toast with Pure Maple Syrup, Crispy Bacon, Hashbrown with Organic Ketchup, Strawberries, and a Chocolate Pudding Cup	Grilled Chicken & Cheese Quesadilla with Sour Cream, Southwest Spring Mix Salad with Chipotle Ranch Dressing, Apple Slices, and a Chocolate Chip Cookie	Pizza Day
13	14	15	16	17
AMERICAN	ITALIAN	MEXICAN	ASIAN	AMERICAN
Virginia Pasture-Raised Turkey Meatloaf, Hashbrown with Organic Ketchup, Steamed Cauliflower, Banana, and a Snickerdoodle Cookie	Baked Ziti, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, Applesauce, and a Brownie Bite	Build-Your Own Tacos with Virginia Pasture-Raised Ground Beef, Cheese, Lettuce, Tomato, Salsa, & Sour Cream, Roasted Corn & Black Bean Salad, Grapes, and a Chocolate Chip Cookie	Teriyaki-Glazed Pineapple Chicken, Organic Brown Rice, Steamed Broccoli, Orange Slices, and a Marshmallow Treat	Virginia Pasture-Raised Beef Chili, Cornbread Muffin, Caesar Salad with House Caesar Dressing, Fresh Fruit Medley, and a Chocolate Pudding Cup
20	21	22	23	24
MEXICAN	AMERICAN	SCHOOL'S CHOICE	SCHOOL'S CHOICE	SCHOOL'S CHOICE
Santa Fe Burrito with Ground Beef, Black Beans, Spanish Rice, & Cheddar Cheese, Roasted Corn & Tomato Salad, Banana, and a Chocolate Chip Cookie	Cheeseburger Sliders with Fresh Lettuce & Tomato, Hashbrown with Organic Ketchup, Grapes, and a Brownie Bite	Field Trip	Field Trip	Field Trip
27	28	29	30	31
ITALIAN	BREAKFAST FOR LUNCH	AMERICAN	MEXICAN	AMERICAN
Spaghetti Bolognese with Virginia Pasture-Raised Ground Beef, Garlic Breadstick, Spring Mix Salad with House Ranch Dressing, Banana, and a Snickerdoodle Cookie	Breakfast Tacos with Scrambled Eggs, Crispy Bacon, Roasted Potatoes, & Cheddar Cheese, Hashbrown with Organic Ketchup, Grapes, and a Chocolate Pudding Cup	Organic Chicken Tenders with House Sweet & Sour Sauce, Cilantro Lime Rice, Steamed Cauliflower, Applesauce, and a Chocolate Chip Cookie	California Chicken Soft Tacos with Cheese, Lettuce, Tomato, & House Guacamole, Roasted Corn & Black Bean Salad, Strawberries, and a Marshmallow Treat	Herb-Roasted Chicken Breast, House Mashed Potatoes & Gravy, Caesar Salad with House Caesar Dressing, Orange Slices, and a Brownie Bite

## 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 Trickling 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.