

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY
✓ 6	✓ 7	✓ 8	✓ 9	✓ 10
MEXICAN	AMERICAN	ITALIAN	BREAKFAST FOR LUNCH	SANDWICHES
Grilled Cheese Quesadilla, Roasted Corn, and a Banana	Breakfast Tacos with Scrambled Eggs, Roasted Potatoes, and Cheddar Cheese, Hashbrown with Organic Ketchup, and Orange Slices	Baked Ziti, Garlic Breadstick, and Strawberries	Portabello Strips, House Tots with Organic Ketchup, and Grapes	Egg Salad Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and a Fresh Fruit Medley
✓ 13	✓ 14	✓ 15	✓ 16	✓ 17
AMERICAN	MEXICAN	ASIAN	ITALIAN	SANDWICHES
Herb n' Lentil Sliders, House Mashed Potatoes & Gravy, Steamed Broccoli, and a Banana	Santa Fe Burrito with Black Beans, Spanish Rice, & Cheddar Cheese, Roasted Corn & Black Bean Salad, and Grapes	Teriyaki Lo Mein with Broccoli, Snap Peas, Carrots & Bell Peppers, Sea Salt Edamame, Cheddar Cheese Sticks, and Orange Slices	Vegetarian Spaghetti Bolognese, Garlic Breadstick, and Apple Slices	Organic Sunflower Butter & Jelly Sandwich, Carrot & Celery Sticks with House Ranch Dip, and a Fresh Fruit Medley
20	✓ 21	✓ 22	✓ 23	✓ 24
MLK JR'S BIRTHDAY	AMERICAN	AMERICAN	MEXICAN	SANDWICHES
	Portabello Strips, Cilantro Lime Rice, Steamed Broccoli, and a Banana	Herb n' Lentil Sliders, House Macaroni & Cheese, Steamed Cauliflower, and Apple Slices	California Black Bean Soft Tacos with Cheese, Lettuce, Tomato, and House Guacamole, Roasted Corn, and Grapes	Avocado mega wrap, Macaroni Salad, and Orange Slices
✓ 27	✓ 28	✓ 29	30	31
ITALIAN	ASIAN	AMERICAN		
Parmesan Alfredo, Garlic Breadstick, Caesar Salad with House Caesar Dressing, Banana, and a Chocolate Pudding Cup	Teriyaki Vegetable Stir-Fry with Carrots, Broccoli, Snap Peas, & Bell Peppers, Sea Salt Edamame, Cheddar Cheese Sticks, Orange Slices, and a Brownie Bite	Herb n' Lentil Sliders, Hashbrown with Organic Ketchup, and Strawberries		

## 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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