


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SANDWICHES	AMERICAN	ITALIAN	MEXICAN	NO SCHOOL
Smoked Turkey Bacon Sliders with Fresh Lettuce, Tomato, & Cucumber, Bowtie Pasta Salad, and a Banana	Coconut-Crusted Chicken Nuggets with House Sweet & Sour Sauce, Cilantro Lime Rice, Steamed Green Beans, and Orange Slices	Spaghetti Bolognese with Virginia Pasture-Raised Ground Beef, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, and a Fresh Fruit Medley	California Chicken Soft Tacos with House Guacamole, Tomato & Cucumber Salad, and Strawberries	Teacher Work Day
10	11	12	13	14
NO SCHOOL	ASIAN	AMERICAN	SANDWICHES	MEXICAN
Columbus Day Recess	Teriyaki-Glazed Pineapple Chicken, Organic Brown Rice, Steamed Broccoli, and Orange Slices	Cheeseburger Sliders with Fresh Lettuce & Tomato, House Tots with Organic Ketchup, and Apple Slices	Hand-Whipped Chicken Salad Sliders, Carrot & Celery Sticks with House Ranch Dip, and Apple Slices	Santa Fe Burrito with Ground Beef, Black Beans, Spanish Rice, & Cheddar Cheese, Roasted Corn & Tomato Salad, and Grapes
17	18	19 	20	21
AMERICAN	ITALIAN	BREAKFAST FOR LUNCH	MEXICAN	AMERICAN
Herb-Roasted Chicken Breast, House Mashed Potatoes, Steamed Cauliflower, and Apple Slices	Parmesan Chicken Alfredo, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, and Orange Slices	French Toast with Pure Maple Syrup, Crispy Bacon, Hashbrown, and Strawberries	Grilled Chicken & Cheese Quesadilla, Southwest Spring Mix Salad with Chipotle Ranch Dressing, and a Fresh Fruit Medley	Virginia Pasture-Raised Beef Chili, Cornbread Muffin, Spring Mix Salad with House Ranch Dressing, and a Banana
24	25	26	27	28
AMERICAN	MEXICAN	SANDWICHES	ASIAN	AMERICAN
Virginia Pasture-Raised Turkey Meatloaf, House Tots with Organic Ketchup, Steamed Green Beans, and Grapes	Build-Your-Own Tacos with Virginia Pasture-Raised Ground Beef, Roasted Corn & Black Bean Salad, and Strawberries	Italian Hoagie with Fresh Lettuce, Tomato, & Cucumber, Bowtie Pasta Salad, Grapes, and a Banana	Teriyaki Shrimp Lo Mein with Broccoli, Snap Peas, Carrots, & Bell Peppers, Sea Salt Edamame, Cheddar Cheese Sticks, and Orange Slices	BBQ Pork Slider, House Macaroni & Cheese, Spring Mix Salad with House Ranch Dressing, and Apple Slices
31				
AMERICAN				
Virginia Pasture-Raised Chicken Noodle Soup, Organic Crackers, Spring Mix Salad with House Ranch Dressing, and a Fresh Fruit Medley				

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.