


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
AMERICAN	AMERICAN	ITALIAN	BREAKFAST FOR LUNCH	SCHOOL'S CHOICE
Crispy Fish Sticks, Macaroni & Cheese, Steamed Broccoli, and a Banana	Swedish Meatballs, House Mashed Potatoes & Gravy, Roasted Corn, and Grapes	Baked Ziti, Garlic Breadstick, Steamed Cauliflower, and Apple Slices	French Toast with Maple Syrup, Crispy Bacon, Hashbrown with Organic Ketchup, and Strawberries	Early Dismissal
9	10	11	12	13
ASIAN	ITALIAN	AMERICAN	AMERICAN	SANDWICHES
Teriyaki Chicken Lo Mein with Broccoli, Snap Peas, Carrots & Bell Peppers, Brown Rice, Sea Salt Edamame, and a Banana	Parmesan Chicken Alfredo, Garlic Breadstick, Steamed Corn, and Strawberries	Organic Chicken Tenders w/ House Sweet & Sour Sauce, Cilantro Lime Rice, Steamed Carrots, and Apple Slices	Virginia Pasture-Raised Turkey Meatloaf, House Tots with Organic Ketchup, Steamed Cauliflower, and Orange Slices	Chicken Salad Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and Apple Slices
16	17	18	19	20
AMERICAN	ITALIAN	ASIAN	MEXICAN	STUDENT HOLIDAY
Cheeseburger Slider with Fresh Lettuce & Tomato, House Tots with Organic Ketchup, and a Banana	Spaghetti Bolognese with Virginia Pasture-Raised Ground Beef, Garlic Breadstick, Caesar Salad, and a Banana	Chicken Stir-fry with Broccoli, Snap Peas, and Carrots, Organic Brown Rice, Sea Salt Edamame, and Orange Slices	Santa Fe Burrito with Ground Beef, Black Beans, Cheddar Cheese, & Spanish Rice, Roasted Corn, and Apple Slices	Parent/Teacher Conferences
23	24	25	26	27
MEXICAN	BAGGED LUNCHES	AMERICAN	AMERICAN	SANDWICHES
Grilled Chicken & Cheese Quesadilla, Steamed Corn, and a Banana	Roasted Turkey & Cheddar Cheese Sandwich, Carrot & Celery Sticks with House Ranch Dip, and Orange Slices	Virginia Pasture-Raised Turkey Meatloaf, Hashbrown, Steamed Cauliflower, and Grapes	Grilled Cheese on Country White, Tomato Basil Soup, and Strawberries	Organic Sunflower Butter & Jelly Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and Apple Slices
30	31			
AMERICAN	BREAKFAST FOR LUNCH			
Crispy Fish Sticks, Macaroni & Cheese, Steamed Broccoli, and a Banana	French Toast with Maple Syrup, Crispy Bacon, 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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