

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
✓ 2	✓ 3	✓ 4	✓ 5	✓ 6
BREAKFAST FOR LUNCH	MEXICAN	ITALIAN	AMERICAN	SANDWICHES
Breakfast Tacos with Scrambled Eggs, Roasted Potatoes, and Cheddar Cheese, Hashbrown with Organic Ketchup, and a Banana	Grilled Cheese Quesadilla, Roasted Corn, and Orange Slices	Parmesan Alfredo, Garlic Breadstick, Steamed Carrots, and Grapes	Portabello Strips, House Tots with Organic Ketchup, Steamed Cauliflower, and Strawberries	Organic Sunflower Butter & Jelly Sandwich, Carrot & Celery Sticks with House Ranch Dip, and a Fresh Fruit Medley
✓ 9	✓ 10	✓ 11	✓ 12	✓ 13
AMERICAN	MEXICAN	AMERICAN	BREAKFAST FOR LUNCH	SANDWICHES
Herb n' Lentil Sliders, House Mashed Potatoes & Gravy, Steamed Broccoli, and a Banana	Santa Fe Burrito with Black Beans, Cheddar Cheese, & Spanish Rice, Roasted Corn & Black Bean Salad, and Apple Slices	Portabello Strips, Macaroni & Cheese, Steamed Cauliflower, and Grapes	French Toast with Maple Syrup, Hashbrown with Organic Ketchup, and a Fresh Fruit Medley	Egg Salad Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and Strawberries
✓ 16	✓ 17	✓ 18	✓ 19	20
AMERICAN	ASIAN	MEXICAN	AMERICAN	
Herb n' Lentil Sliders, Cilantro Lime Rice, Steamed Broccoli, and a Banana	Teriyaki Veggie Lo Mein with Broccoli, Snap Peas, Carrots & Bell Peppers, Sea Salt Edamame, Cheddar Cheese Sticks, and Orange Slices	California Black Bean Soft Tacos with Cheese, Lettuce, Tomato, and House Guacamole, Roasted Corn & Tomato Salad, and Apple Slices	Herb n' Lentil Sliders, Hashbrown with Organic Ketchup, and Strawberries	
23	24	25	26	27
STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY
30	31			
STUDENT HOLIDAY	STUDENT HOLIDAY			

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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