

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
✓ 3	✓ 4	✓ 5	✓ 6	7
<b>MEXICAN</b>	<b>AMERICAN</b>	<b>ASIAN</b>	<b>ITALIAN</b>	<b>NO SCHOOL</b>
Mexican-Style "Chicken" with Sautéed Peppers & Onions, Spanish Rice, Southwest Spring Mix Salad with Chipotle Ranch Dressing, and a Banana	House Macaroni & Cheese, Fresh Roll, Steamed Green Beans, and a Fresh Fruit Medley	Teriyaki Vegetable Stir-Fry with Broccoli, Snap Peas, Carrots, & Bell Peppers, Organic Brown Rice, Sea Salt Edamame, Cheddar Cheese Sticks, and Orange Slices	Parmesan Fettucine Alfredo, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, and Grapes	Spring Break
10	11	12	13	14
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
17	✓ 18	✓ 19	✓ 20	✓ 21
<b>NO SCHOOL</b>	<b>AMERICAN</b>	<b>MEXICAN</b>	<b>BAGGED LUNCHES</b>	<b>BAGGED LUNCHES</b>
Spring Break	Herb n' Lentil Sliders with Lettuce & Tomato, Hashbrown with Organic Ketchup, Steamed Cauliflower, and Strawberries	Build-Your-Own Tacos with Seasoned Tofu Crumble, Cheese, Lettuce, Tomato, & House Salsa, Roasted Corn & Tomato Salad, and Grapes	Avocado Mega-Wrap with Fresh Veggies, Bowtie Pasta Salad, and Apple Slices	Organic Sunflower Butter & Jelly Sandwich, Carrot & Celery Sticks with House Ranch Dip, and Orange Slices
✓ 24	✓ 25	✓ 26	✓ 27	✓ 28
<b>AMERICAN</b>	<b>ASIAN</b>	<b>MEXICAN</b>	<b>AMERICAN</b>	<b>SANDWICHES</b>
Portobello Burger Slider with Fresh Lettuce, Tomato, & Provolone Cheese, Cilantro Lime Rice, Steamed Green Beans, and a Banana	Teriyaki-Glazed Pineapple Tofu, Organic Brown Rice, Steamed Broccoli, and Orange Slices	Grilled Cheese Quesadilla, Southwest Spring Mix Salad with Chipotle Ranch Dressing, and Strawberries	Fiesta Black Bean Burger Sliders with Fresh Lettuce, Tomato, & Provolone Cheese, Hashbrown with Organic Ketchup, and a Fresh Fruit Medley	Free-Range Egg Salad Sliders, Carrot & Celery Sticks with House Ranch Dip, and Grapes

## 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.