

# SAMPLE MENU *for* YOUR SCHOOL



## student lunches OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			<b>SANDWICHES</b> Smoked Turkey Bacon Sliders with Fresh Veggies, Pasta Salad, Orange Slices, and Chocolate Chip Cookie	<b>SCHOOL'S CHOICE</b>
5	6	7	8	9
<b>ITALIAN</b> Spaghetti Bolognese, Fresh Breadstick, Mixed Greens Salad with Italian Dressing, Apple Slices, and Brownie Bite	<b>MEXICAN</b> Southwest Burrito with House Salsa, Spanish Rice, Grapes, and Mini Muffin	<b>ASIAN</b> Teriyaki Stir-fry with Shrimp, Brown Rice, Strawberries, and Marshmallow Treat	<b>BREAKFAST</b> French Toast with Maple Syrup, Crispy Bacon, Hashbrown, Banana, and Chocolate Chip Cookie	<b>SCHOOL'S CHOICE</b>
12	13	14	15	16
<b>AMERICAN</b> Coconut-Crusted Chicken Nuggets with Sweet & Sour Sauce, Multigrain Roll, House Tots, Grapes, and Brownie Bite	<b>SANDWICHES</b> Chicken Salad Sandwich, Carrots Sticks & Cucumber Slices with Ranch Dip, Banana, and Marshmallow Treat	<b>ITALIAN</b> Lasagna, Fresh Breadstick, Spinach Salad with Italian Dressing, Orange Slices, and Chocolate Chip Cookie	<b>MEXICAN</b> California Chicken Soft Tacos with House Guacamole, Tomato and Cucumber Salad, Strawberries, and Mini Muffin	<b>SCHOOL'S CHOICE</b>
19	20	21	22	23
<b>ASIAN</b> Sesame Lo Mein with Shrimp and Fresh Veggies, Apple Slices, and Marshmallow Treat	<b>BREAKFAST</b> Scrambled Eggs with Cheddar Cheese, Whole Wheat Toast, Hashbrown, Banana, Brownie Bite	<b>AMERICAN</b> BBQ Pork Sandwich, Macaroni & Cheese, Spring Mix Salad with Ranch Dressing, Strawberries, and Mini Muffin	<b>SANDWICHES</b> Turkey & Cheese Wrap, Snap Peas & Grape Tomatoes with Ranch Dip, Orange Slices, and Chocolate Chip Cookie	<b>SCHOOL'S CHOICE</b>
26	27	28	29	30
<b>MEXICAN</b> Grilled Chicken & Cheese Quesadilla, Roasted Corn & Black Bean Salad, Grapes, and Brownie Bite	<b>ASIAN</b> Pineapple Chicken, Brown Rice, Steamed Broccoli, Apple Slices, and Marshmallow Treat	<b>SANDWICHES</b> Italian Hoagie with Fresh Veggies, Pasta Salad, Orange Slices, and Chocolate Chip Cookie	<b>AMERICAN</b> Pasture-Raised Beef Chili, House Cornbread Muffin, Spinach Salad with Ranch Dressing, Banana, and Brownie Bite	<b>SCHOOL'S CHOICE</b>

### ABOUT STUDENT LUNCHES BY LOKL GOURMET

- We use locally-sourced and organic ingredients whenever possible. Fruits and vegetables on the Organic Consumer 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.

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