

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ASIAN Teriyaki Shrimp Lo Mein with Broccoli, Snap Peas, Carrots, & Bell Peppers, Sea Salt Edamame, Cheddar Cheese Sticks, and Orange Slices	2	3
6	7	8 ✓ BREAKFAST FOR LUNCH French Toast with Pure Maple Syrup, Crispy Bacon, Hashbrown with Organic Ketchup, and Strawberries	9	10
13	14	15 MEXICAN Build-Your Own Tacos with Virginia Pasture-Raised Ground Beef, Chesse, Lettuce, Tomato, & House Salsa, Roasted Corn & Black Bean Salad, and Grapes	16	17
20	21	22 ITALIAN Spaghetti Bolognese with Virginia Pasture-Raised Ground Beef, Garlic Breadstick, Spring Mix Salad with House Ranch Dressing, and a Fresh Fruit Medley	23	24
27	28	29 AMERICAN Organic Chicken Tenders with House Sweet & Sour Sauce, Cilantro Lime Rice, Steamed Cauliflower, and a Applesauce	30	31

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.