


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
MEXICAN	AMERICAN	ASIAN	ITALIAN	SCHOOL'S CHOICE
Mexican-Style Chicken with Sautéed Peppers & Onions, Spanish Rice, Southwest Spring Mix Salad with Chipotle Ranch Dressing, Banana, and a Chocolate Pudding Cup	Crispy Fish Sticks, House Macaroni & Cheese, Steamed Green Beans, Fresh Fruit Medley, and a Snickerdoodle Cookie	Teriyaki Chicken Stir-Fry with Broccoli, Snap Peas, Carrots, & Bell Peppers, Organic Brown Rice, Sea Salt Edamame, Orange Slices, and a Brownie Bite	Parmesan Chicken Alfredo, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, Grapes, and a Snickerdoodle Cookie	Pizza Day
10	11	12	13	14
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
17	18	19	20	21
BREAKFAST FOR LUNCH	AMERICAN	SANDWICHES	MEXICAN	ITALIAN
French Toast with Pure Maple Syrup, Crispy Bacon, Hashbrown with Organic Ketchup, Banana, and a Brownie Bite	Virginia Pasture-Raised Turkey Meatloaf, Hashbrown with Organic Ketchup, Steamed Cauliflower, Strawberries, and a Snickerdoodle Cookie	Smoked Turkey Bacon Sliders with Fresh Lettuce, Tomato, & Cucumber, Bowtie Pasta Salad, Apple Slices, and a Marshmallow Treat	Build-Your Own Tacos with Virginia Pasture-Raised Ground Beef, Chesse, Lettuce, Tomato, Salsa, & Sour Cream, Roasted Corn & Tomato Salad, Grapes, and a Chocolate Chip Cookie	Baked Ziti, Garlic Breadstick, Caesar Salad with House Caesar Dressing, Applesauce, and a Chocolate Pudding Cup
24	25	26	27	28
AMERICAN	ASIAN	MEXICAN	AMERICAN	SCHOOL'S CHOICE
Organic Chicken Tenders with House Sweet & Sour Sauce, Cilantro Lime Rice, Steamed Green Beans, Banana, and a Chocolate Chip Cookie	Teriyaki-Glazed Pineapple Chicken, Organic Brown Rice, Steamed Broccoli, Orange Slices, and a Snickerdoodle Cookie	Grilled Chicken & Cheese Quesadilla with Sour Cream, Southwest Spring Mix Salad with Chipotle Ranch Dressing, Strawberries, and a Chocolate Pudding Cup	Cheeseburger Sliders with Fresh Lettuce & Tomato, Hashbrown with Organic Ketchup, Fresh Fruit Medley, and a Brownie Bite	Field Trip

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.