



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 1 ITALIAN Baked Ziti, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, and a Fresh Fruit Medley	2	3
6	7	8 AMERICAN Virginia Pasture-Raised Turkey Meatloaf, Hashbrown with Organic Ketchup, Steamed Green Beans, and Grapes	9	10
13	14	15 MEXICAN Santa Fe Burrito with Ground Beef, Black Beans, Spanish Rice, & Cheddar Cheese, Southwest Spring Mix Salad with Chipotle Ranch Dressing, and a Banana	16	17
20	21	22 AMERICAN Herb-Roasted Chicken Breast, House Mashed Potatoes & Gravy, Steamed Broccoli, and a Applesauce	23	24
27	28			

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.