

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		✓ 1 <b>ITALIAN</b> Baked Ziti, Garlic Breadstick, Spring Mix Salad with House Italian Dressing, Fresh Fruit Medley, and a Snickerdoodle Cookie	✓ 2 <b>BREAKFAST FOR LUNCH</b> French Toast with Pure Maple Syrup, Crispy Bacon, Hashbrown with Organic Ketchup, Grapes, and a Marshmallow Treat	3 <b>NO SCHOOL</b> Parent/Teacher Conferences
6 <b>NO SCHOOL</b> Parent/Teacher Conferences	7 <b>MEXICAN</b> Build-Your Own Tacos with Ground Beef, Chesse, Lettuce, Tomato, Salsa, & Sour Cream, Roasted Corn & Black Bean Salad, Strawberries, and a Chocolate Chip Cookie	8 <b>AMERICAN</b> Virginia Pasture-Raised Turkey Meatloaf, Hashbrown with Organic Ketchup, Steamed Green Beans, Grapes, and a Chocolate Pudding Cup	9 <b>ASIAN</b> Teriyaki Chicken Stir-Fry with Broccoli, Snap Peas, Carrots, & Bell Peppers, Organic Brown Rice, Sea Salt Edamame, Orange Slices, and a Snickerdoodle Cookie	10 <b>SCHOOL'S CHOICE</b> Field Trip
13 <b>AMERICAN</b> Cheesburger Sliders with Fresh Lettuce & Tomato, Hashbrown with Organic Ketchup, Banana, and a Brownie Bite	14 <b>SANDWICHES</b> Smoked Turkey Bacon Sliders with Fresh Lettuce, Tomato, & Cucumber, Bowtie Pasta Salad, Apple Slices, and a Chocolate Chip Cookie	15 <b>MEXICAN</b> Santa Fe Burrito with Ground Beef, Black Beans, Spanish Rice, & Cheddar Cheese, Southwest Spring Mix Salad with Chipotle Ranch Dressing, Strawberries, and a Chocolate Pudding Cup	16 <b>BREAKFAST FOR LUNCH</b> Breakfast Tacos with Scrambled Eggs, Crispy Bacon, Roasted Potatoes, & Cheddar Cheese, Hashbrown with Organic Ketchup, Orange Slices, and a Marshmallow Treat	17 <b>AMERICAN</b> Virginia Pasture-Raised Beef Chili, Cornbread Muffin, Caesar Salad with House Caesar Dressing, Applesauce, and a Snickerdoodle Cookie
20 <b>NO SCHOOL</b> President's Day	21 <b>MEXICAN</b> California Chicken Soft Tacos with Cheese, Lettuce, Tomato, Guacamole, & Sour Cream, Roasted Corn & Tomato Salad, Grapes, and a Chocolate Chip Cookie	22 <b>AMERICAN</b> Herb-Roasted Chicken Breast, House Mashed Potatoes & Gravy, Steamed Broccoli, Applesauce, and a Brownie Bite	23 <b>ITALIAN</b> Spaghetti Bolognese with Virginia Pasture-Raised Ground Beef, Garlic Breadstick, Spring Mix Salad with House Ranch Dressing, Strawberries, and a Chocolate Pudding Cup	24 <b>SCHOOL'S CHOICE</b> Pizza Day
27 <b>AMERICAN</b> Organic Chicken Tenders with House Sweet & Sour Sauce, Cilantro Lime Rice, Steamed Cauliflower, Banana, and a Snickerdoodle Cookie	28 <b>SCHOOL'S CHOICE</b> 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.