


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BREAKFAST FOR LUNCH	MEXICAN	AMERICAN	AMERICAN	SANDWICHES
Breakfast Tacos with Scrambled Eggs, Crispy Bacon, Roasted Potatoes, and Cheddar Cheese, Hashbrown with Organic Ketchup, and a Banana	Organic Chicken Tenders w/ Ketchup, Steamed Broccoli, and Orange Slices	Grilled Cheese on Country White, Tomato Soup, and Strawberries	California Chicken Burrito with Cheese, Lettuce, Tomato, and House Guacamole, Roasted Corn, and Apple Slices	Chicken Salad Sandwich, Carrot & Celery Sticks with House Ranch Dip, and a Fresh Fruit Medley
10	11	12	13	14
MEXICAN	AMERICAN	AMERICAN	AMERICAN	SANDWICHES
Santa Fe Burrito with Ground Beef, Black Beans, Cheddar Cheese, & Spanish Rice, Roasted Corn & Tomato Salad, and Strawberries	Swedish Meatballs, House Mashed Potatoes & Gravy, Steamed Broccoli, and a Banana	Baked Country Chicken w/Ranch dressing, Brown Rice, Steamed Green Beans, and a Fresh Fruit Medley	Cheeseburger Slider with Fresh Lettuce & Tomato, Hashbrown with Organic Ketchup, and Grapes	Roasted Turkey & Cheddar Cheese Sandwich, Macaroni Salad, and a Fresh Fruit Medley
17	18	19	20	21
NO SCHOOL	ITALIAN	ASIAN	AMERICAN	SANDWICHES
President's Day	Baked Ziti, Garlic Breadstick, Steamed Carrots, and a Banana	Chicken Stir-fry with Broccoli, Snap Peas, and Carrots, Organic Brown Rice, Sea Salt Edamame, and Orange Slices	Crispy Fish Sticks, Macaroni & Cheese, Steamed Green Beans, and Grapes	Organic Sunflower Butter & Jelly Sandwich, Carrot Sticks & Cucumber Slices with House Ranch Dip, and Apple Slices
24	25	26	27	28
ITALIAN	ASIAN	AMERICAN	MEXICAN	SANDWICHES
Parmesan Chicken Alfredo, Garlic Breadstick, Steamed Cauliflower, and a Banana	Chicken Lo Mein with Broccoli, Snap Peas, Carrots & Bell Peppers, Organic Brown Rice, Steamed Broccoli, and Orange Slices	Virginia Pasture-Raised Turkey Meatloaf, House Tots with Organic Ketchup, Steamed Carrots, and Grapes	Grilled Chicken & Cheese Quesadilla, Roasted Corn, and Strawberries	Chicken Salad Sandwich, Carrot & Celery Sticks with House Ranch Dip, and a Fresh Fruit Medley

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 Tricking 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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