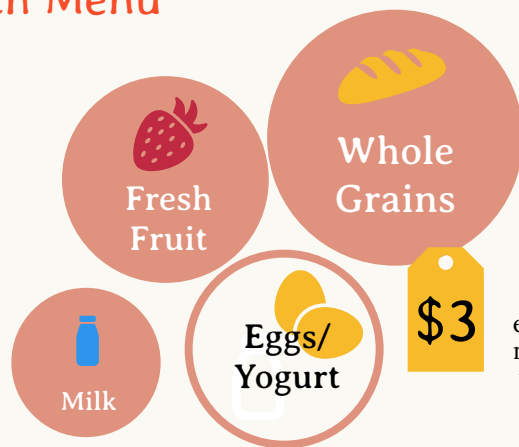


# Red Oak Elementary

## OCTOBER 2016 | Nutrition & Lunch Menu

At Oak Park, we believe that well-balanced, scratch-made meals are tastiest and most nutritious for our students. Our pizza crusts and breads are baked by local purveyors and delivered fresh, ready to be turned into meals. We prepare everything else in our kitchens, from the pizza sauce down to the Ranch dressing. We commit to serving fruits and vegetables grown in season, because they have the best flavor and nutrition. Our meals are kid-friendly and school-approved!

  @yestofreshfood



**Fresh Fruit**

**Whole Grains**

**Eggs/Yogurt**

**Milk**

**\$3**

### Lunch

Every lunch meal offers a full serving of each of these five components.



**Fresh Fruit**

**Veggies**

**Whole Grains**

**Chicken/Cheese/Beans**

**Milk**

**\$4**

### nutrition

Every nutrition meal includes a grain-based entrée (that may or may not also contain eggs or yogurt), fresh cut fruit, and a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Local Holiday</b></p> <p><b>No School</b></p>	<p>4</p> <p><b>Egg &amp; Potato Breakfast Wrap</b></p> <p>.....</p> <p>Turkey Tacos OR Crispy Potato Tacos Brown Rice Pilaf Veggies of the Day</p>	<p>5</p> <p><b>Breakfast Bread</b></p> <p>.....</p> <p>Bean &amp; Cheese Burrito Veggies of the Day</p>	<p>6</p> <p><b>Fruit &amp; Yogurt Parfait + Mini Bread</b></p> <p>.....</p> <p>Chef's Choice Veggies of the Day</p>	<p>7</p> <p><b>Cinnamon Pretzel</b></p> <p>.....</p> <p>Grilled Cheese Sandwich Veggies of the Day</p>
<p>10</p> <p><b>Bagel w/ Cream Cheese</b></p> <p>.....</p> <p> Pizza: Cheese or Chef's Special Garden Salad</p>	<p>11</p> <p><b>Fall Smoothie + Lemon Blueberry Bread</b></p> <p>.....</p> <p>Stuffed Pasta Shells Garlic Toast Veggies of the Day</p>	<p>12</p> <p><b>Local Holiday</b></p> <p><b>No School</b></p>	<p>13</p> <p><b>French Toast Casserole</b></p> <p>.....</p> <p>Roasted Chicken Drumstick OR Crispy Tofu Brown Rice Pilaf Veggies of the Day</p>	<p>14</p> <p><b>Cinnamon Pretzel</b></p> <p>.....</p> <p>Cheese Quesadilla Veggies of the Day</p>
<p>17</p> <p><b>Elementary Prep Day</b></p> <p><b>No School</b></p>	<p>18</p> <p><b>Egg &amp; Potato Breakfast Wrap</b></p> <p>.....</p> <p>Turkey Tacos OR Crispy Potato Tacos Brown Rice Pilaf Veggies of the Day</p>	<p><b>Inside the Pizza Factory</b> </p> <p>19</p> <p><b>Breakfast Bread</b></p> <p>.....</p> <p>Bean &amp; Cheese Burrito Veggies of the Day</p>	<p>20</p> <p><b>Fruit &amp; Yogurt Parfait + Mini Bread</b></p> <p>.....</p> <p>Chef's Choice Veggies of the Day</p>	<p>21</p> <p><b>Cinnamon Pretzel</b></p> <p>.....</p> <p>Grilled Cheese Sandwich Veggies of the Day</p>
<p>24</p> <p><b>Bagel w/ Cream Cheese</b></p> <p>.....</p> <p> Pizza: Cheese or Chef's Special Garden Salad</p>	<p>25</p> <p><b>Fall Smoothie + Lemon Blueberry Bread</b></p> <p>.....</p> <p>Stuffed Pasta Shells Garlic Toast Veggies of the Day</p>	<p>26</p> <p><b>Pizza Bagel</b></p> <p>.....</p> <p><i>Breakfast for Lunch</i> Scrambled Eggs Toast Potato Wedges</p>	<p>27</p> <p><b>French Toast Casserole</b></p> <p>.....</p> <p>Roasted Chicken Drumstick OR Crispy Tofu Brown Rice Pilaf Veggies of the Day</p>	<p>28</p> <p><b>Cinnamon Pretzel</b></p> <p>.....</p> <p><b>Parent Conferences</b></p> <p><b>No Lunch Served Today</b></p>
<p><b>Fun with Food Day</b> 31</p> <p>Bagel w/ Cream Cheese</p> <p>.....</p> <p><b>Parent Conferences</b></p> <p><b>No Lunch Served Today</b></p>			<p><b>Inside the Pizza Factory</b> </p> <p>Congratulations to the five students who found the GOLDEN TICKETS underneath their meal trays! You and your classmates are in for lots of fun and learning about pizza and nutrition with Lea Maloney D'Amore, the owner of D'Amore's Pizza, on OCTOBER 19TH.</p> <p>Thank you to everyone who joined in on the treasure hunt! Stay tuned for the next fun adventure brought to you by the Red Oak Kitchen.</p>	

### The Oak Park Commitment

Whenever possible, we source our ingredients based on these standards.

 **California-Grown**

 **Fresh & Seasonal**

 **Non-GMO & Organic**

  **Hormone- & Antibiotic-Free**

 **Free of Artificial Ingredients**

*This institution is an equal opportunity provider.*