

# Medea Creek Middle School

## Late Summer/Fall 2016 | Nutrition & Lunch Menu

At Oak Park, we believe that well-balanced, scratch-made meals taste best and are most nutritious for our students. Our pizza crusts and breads are baked by local restaurants and delivered fresh. We prepare everything else in our kitchens, from the pizza sauce down to the Caesar dressing. We commit to serving fruits and vegetables grown in season, because they have the best flavor and nutrition.



We are not a gluten-free kitchen and cannot guarantee that any item is completely free of allergens. Please contact us at (818) 735-3203 for information about gluten-free options.

@yestofreshfood

Fresh Fruit

Whole Grains

Eggs/  
Yogurt

Milk

**\$3**

*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.

**\$4.50**

*Lunch*

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

Fresh Fruit

Veggies

Whole Grains

Chicken/  
Cheese/  
Beans

Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Egg &amp; Cheese Bagel Sandwich</p> <p>Cinnamon Pretzel</p> <p>Bagel w/ Cream Cheese</p>	<p>Pancakes</p> <p>Scrambled Eggs &amp; Toast</p> <p>Bagel w/ Cream Cheese</p>	<p>Breakfast Tacos</p> <p>French Toast Casserole</p> <p>Bagel w/ Cream Cheese</p>	<p>Breakfast Scramble</p> <p>Cinnamon Pretzel</p> <p>Bagel w/ Cream Cheese</p>	<p>Breakfast Burrito</p> <p>Baked Apple Crisp</p> <p>Bagel w/ Cream Cheese</p>
<p>Pizza: Cheese or Chef's Special Garden Salad</p>	<p><b>TRY IT TUESDAY</b></p> <p>Vote with your fork!</p> <p>Every Tuesday, our kitchen will be preparing new recipes to tantalize your tastebuds. You get to decide if these dishes should go on the menu. Check the daily menu board to find out what we are serving!</p>	<p>Chicken Tacos OR Potato Tacos Spanish Rice &amp; Beans Corn on a Cob</p>	<p>Chicken Caesar Salad Wrap OR Roasted Veggie Wrap Veggies w/ Dip</p>	<p>Chicken Alfredo w/ Broccoli OR Pesto Pasta Chef's Salad</p>
<p>Pizza: Cheese or Chef's Special Caesar Salad</p>		<p>Sizzlin' Chicken Fajitas OR Ultimate Bean &amp; Cheese Burrito Chef's Salad</p>	<p>Flatbread Pizza: Choice of Two Chef's Creations Caesar Salad</p>	<p>Mac 'N Cheese Roasted Chicken Drumstick Veggies w/ Dip</p>

Whole grain breads baked fresh and delivered weekly by Wildflour Bakery in Agoura Hills

CA-certified eggs

Antibiotic-free chicken

Antibiotic-free chicken

Pizza crusts are baked fresh and delivered weekly by D'Amore's Pizza in Thousand Oaks

Our own sauce prepared using an Italian family recipe

Real mozzarella cheese

**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.