

Red Oak Elementary

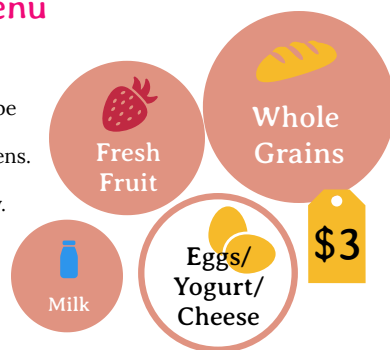
MAY 2019 | Nutrition & Lunch Menu

At OPUSD, we cook our food from scratch using real, wholesome ingredients. Our pizza crusts and breads are baked by local purveyors and delivered weekly, ready to be turned into meals. Everything else, including our pizza sauce and salad dressing, is made fresh in our own kitchens. We commit to serving fruits and vegetables grown in season; and we offer a vegetarian option every single day.

Apply for free and reduced-price meals at www.oakparkusd.org/Page/6499

  @yestofreshfood

This menu is subject to change without notice.



nutrition

Every nutrition meal includes a whole grain entrée, fruit, and a choice of milk.

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



Monday

Tuesday

Wednesday

Thursday

Friday

Fruit Smoothie + Muffin 1

EARLY DISMISSAL
NO LUNCH SERVED

Strawberry Bread 2

Italian Dipper
(Stuffed Mozzarella Breadstick w/ Marinara)
Veggies of the Day

Special Pretzel 3

Cheese Pizza
Veggies of the Day

Strawberry & Cream Cheese Bagel + Tater Tots 6

Cheese Quesadilla
Veggies of the Day

Frozen Yogurt Banana Crunch Pops w/ Chocolate Drizzle 7

Turkey Tacos OR
Southwest Lentil Tacos
Veggies of the Day

Build-Your-Own SMOOTHIE BOWL 8

EARLY DISMISSAL
NO LUNCH SERVED

Pancake Squares 9

Pasta w/ Red Sauce
Garlic Toast
Veggies of the Day

Cinnamon Pretzel 10

Cheese Pizza
Veggies of the Day

Strawberry & Cream Cheese Bagel + Tater Tots 13

Grilled Cheese Sandwich
Veggies of the Day

Cereal + Milk 14

Turkey Tacos OR
Southwest Lentil Tacos
Veggies of the Day

Fruit Smoothie + Muffin 15

EARLY DISMISSAL
NO LUNCH SERVED

Strawberry Bread 16

Italian Dipper
(Stuffed Mozzarella Breadstick w/ Marinara)
Veggies of the Day

Cinnamon Pretzel 17

Cheese Pizza
Veggies of the Day

Chef's Choice 20

Chef's Choice

Chef's Choice 21

Chef's Choice

Chef's Choice 22

Chef's Choice

Chef's Choice 23

Chef's Choice

Last Day of School 24

Cafeteria Closed

27

28

29

30

31

HAVE A DELICIOUS SUMMER!!!

The Oak Park Commitment

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



California-Grown



Fresh & Seasonal



Free of Artificial Ingredients



Hormone- & Antibiotic-Free



Non-GMO & Organic

This institution is an equal opportunity provider.