

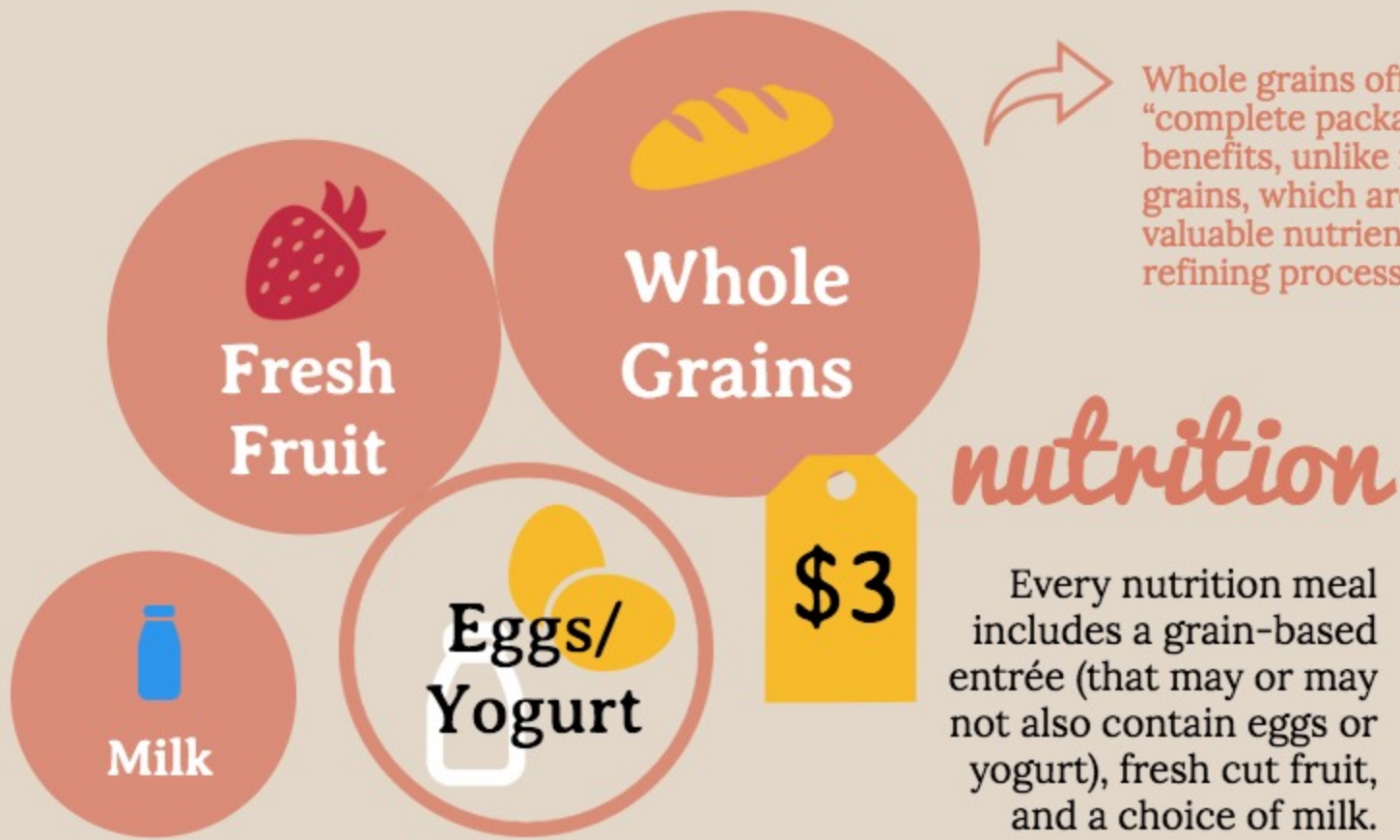
# What's in an Oak Park Meal?

Medea Creek Middle | Oak Park High | Oak View High

Oak Park Unified School District is a participant in the National School Lunch and School Breakfast programs, which provides healthy, balanced meals to students during the school day. All meals are planned in accordance to the nutrition standards for school food mandated by the USDA and CDE.

Diets rich in whole grains and fresh fruit and vegetables may help to reduce the risk of heart disease, certain types of cancer, and diabetes.

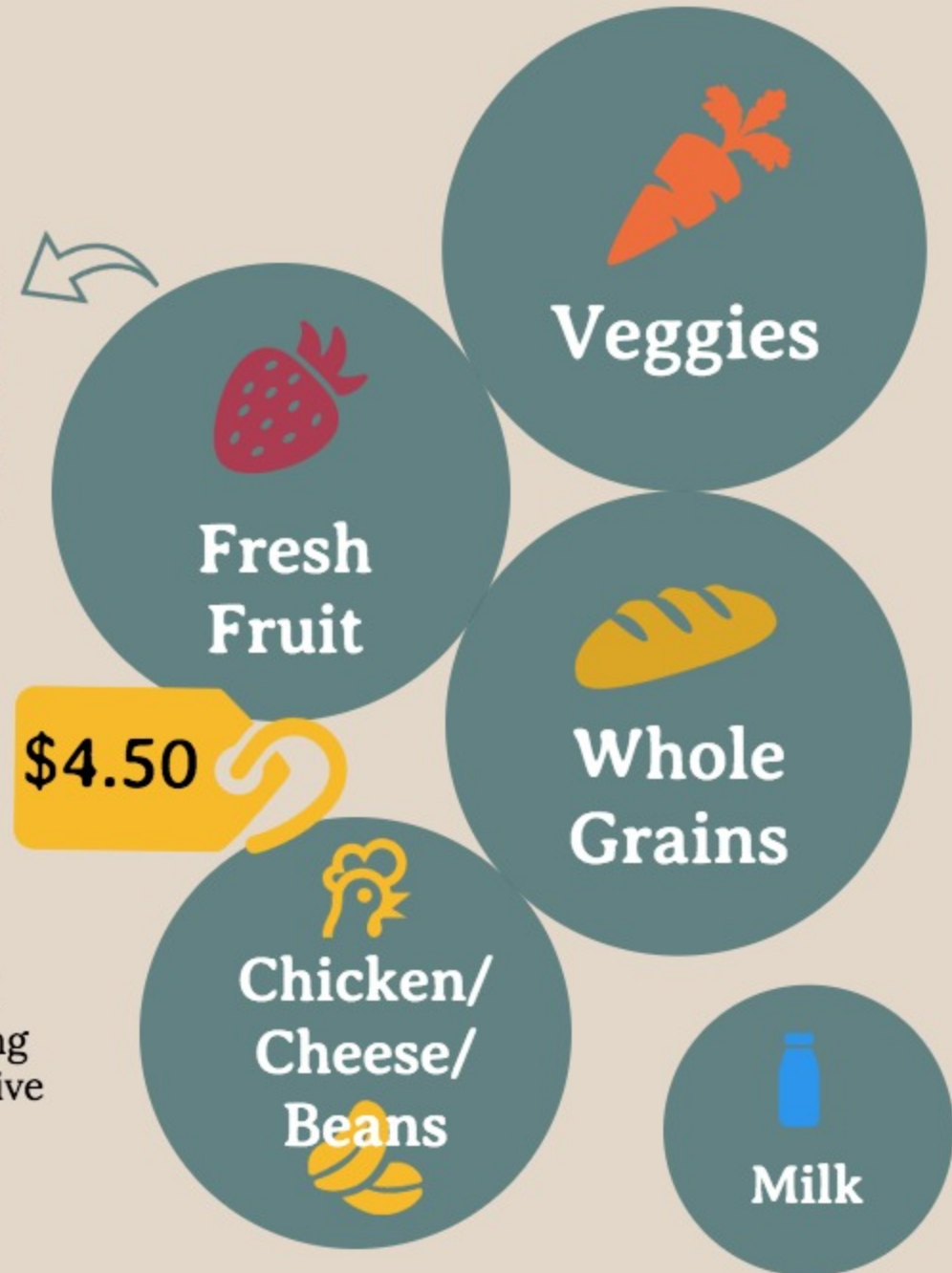
Whole grains offer a "complete package" of health benefits, unlike refined grains, which are stripped of valuable nutrients in the refining process.



## Lunch

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

**\$4.50**



## Sample Entrée Items

### Grilled Cheese Sandwich



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



### French Toast

### Pulled Chicken Sandwich



Slow-cooked in homemade BBQ sauce

### Lasagna



Cilantro-Lime Brown Rice made from California basmati rice

### Oven-Fresh Pizza & Flatbread

Cheese | Caprese | Southwestern | BBQ Chicken  
Suggestions welcome



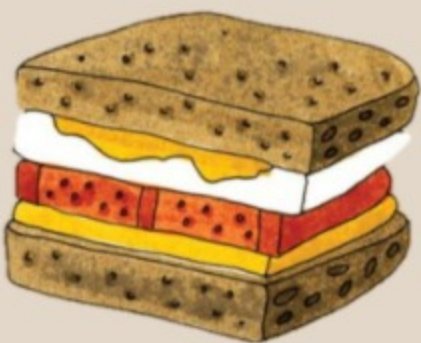
Real mozzarella cheese

Our own sauce prepared using an Italian family recipe



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

California-certified eggs



### Breakfast Egg Sandwich



### Cinnamon Soft Pretzel

### Build-Your-Own Burrito Bowl

Inspired by Chipotle



Antibiotic free chicken and organic tofu

Pico de gallo made from fresh local tomatoes

## The Oak Park Commitment

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



## 3 Easy Ways to Add Funds

**1**

### Credit/Debit

At [www.oakparkusd.org](http://www.oakparkusd.org), click on "Parent Connect" in the upper right corner. A 2.9% + \$0.30 transaction fee will be assessed by PayPal.

**2**

### Check

Please make all checks payable to "OPUSD."

**3**

### Cash



@yestofreshfood

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