

Oak Park High School

This menu is subject to change without notice.

SUMMER/FALL 2019 | Nutrition & Lunch Menu

We make our meals from scratch using real, wholesome ingredients. Our menu is inspired by family recipes; the food we have eaten at local restaurants throughout Southern California; the flavors we have sampled in other parts of the globe; and your personal favorites. We are pleased to present a variety of choices, both familiar and exciting.

The health of the planet is important to us. Our meals are served on 100% biodegradable plates. We offer plant-based options every day.

We cook with dairy, eggs, wheat, soy, and seeds. We do not use peanuts or tree nuts in our food.

Please apply for free or reduced-price meals at www.oakparkusd.org/Page/6499

Lunch

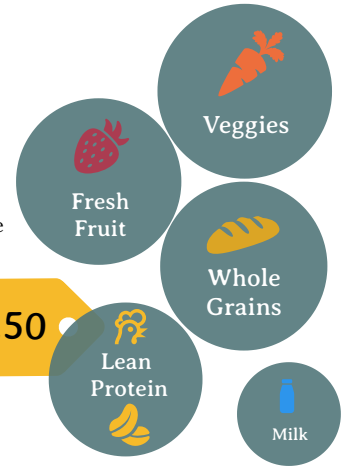
Every lunch meal offers a full serving of each of these five components.



\$3 nutrition

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

\$4.50



2nd/3rd Nutrition Meal: \$3.50
2nd/3rd Lunch Meal: \$5.00

@yestofreshfood

	Monday	Tuesday	Wednesday	Thursday	Friday
NUTRITION	Choice of ONE Entrée Breakfast Sandwich Fruit & Yogurt Parfait Bagel w/ Cream Cheese	Choice of ONE Entrée Eggs, Taters & Toast Breakfast Plate Cinnamon Pretzel Bagel w/ Cream Cheese	Choice of ONE Entrée Smoothie w/ Mini Muffin Pancake Square Bagel w/ Cream Cheese	Choice of ONE Entrée Breakfast Burrito French Toast Casserole Bagel w/ Cream Cheese	Choice of ONE Entrée Chef's Creation Coffee Cake Bagel w/ Cream Cheese
WEEK 1					
LUNCH	BUILD-YOUR-OWN SMOOTHIE BOWL w/ Cheese Quesadilla OR Half Grilled Cheese Toppings: Sliced Strawberries Sliced Bananas Blueberries Toasted Coconut Flakes Crispy Rice Cereal (GF) Cocoa Granola	CRISPY TACOS OR NACHOS (alternating weeks) Seasoned Turkey Hungry Planet* Crumble Side of Rice & Beans Homemade Salsa	POWER BOWL Sample Flavors: Teriyaki Chipotle Burrito CAVA Mediterranean Korean Bibimbap Variety of Vegetables Brown Rice Choice of Chicken OR Plant Protein** Variety of Toppings, Dips, and Dressings	PASTA Sample Flavors: Pesto Marinara Primavera w/ Choice of Chicken OR Tofu	PIZZA Sample Flavors: Margherita Pesto Avocado Veggie BBQ Chicken Caesar Salad
WEEK 2					

*100% plant-based meat made from non-GMO soy protein.
**Organic soy protein

The Oak Park Commitment

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



This institution is an equal opportunity provider.