

Medea Creek Middle 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.

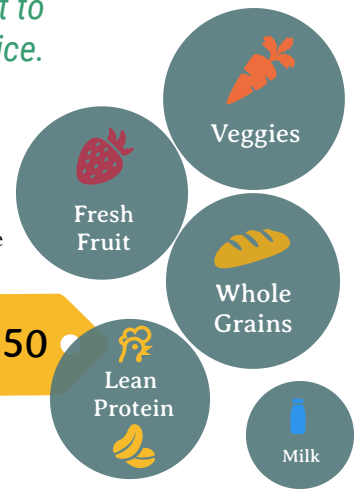
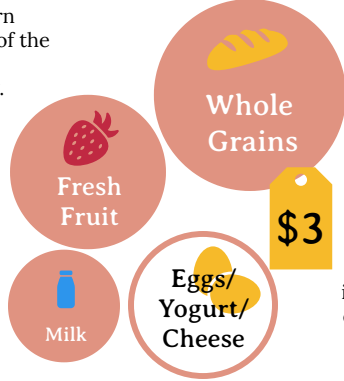
The health of the planet is important to us. Our meals are served on reusable plates with reusable utensils. We offer plant-based options every day.

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.



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

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

@yestofreshfood

NUTRITION

LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Choice of ONE Entrée

- Breakfast Sandwich
- Cinnamon Pretzel
- Bagel + Cream Cheese

Choice of ONE Entrée

- Eggs, Taters & Toast Breakfast Plate
- Smoothie + Mini Muffin
- Bagel + Cream Cheese

Choice of ONE Entrée

- Breakfast Burrito
- Breakfast Bread
- Bagel + Cream Cheese

Choice of ONE Entrée

- Breakfast Sandwich
- Pancake Squares
- Bagel + Cream Cheese

Choice of ONE Entrée

- Chef's Special
- Breakfast Muffin
- Bagel + Cream Cheese

WEEK 1

BUILD-YOUR-OWN SMOOTHIE BOWL

w/ Cheese Quesadilla OR Griddled Cheese Sandwich

- Sample Toppings:
- Sliced Strawberries
 - Blueberries
 - Sliced Banana
 - Chocolate Granola
 - Crispy Rice Cereal (GF)
 - Toasted Coconut Flakes

WEEK 2

CRISPY TACOS OR NACHOS

(alternating weeks)

Choice of Seasoned Turkey OR Hungry Planet* Crumble

Side of Rice & Beans

LA-STYLE STREET TACOS

Sample Flavors: Crispy Cheese Pollo Asado Potato Soyrito**

Side of Rice & Beans

PIZZA

Sample Flavors: Margherita Pesto Hungry Planet* Sausage BBQ Chicken

Tossed Salad

POWER BOWL

Sample Flavors: Middle Eastern Mediterranean Teriyaki Korean Bibimbap

Brown Rice Selection of Vegetables

Choice of Chicken OR Tofu

Variety of Toppings, Dips, and Dressings

PASTA

Sample Flavors: Mac 'N Cheese Marinara Pesto

CHEF'S CHOICE

Sample Items: Bean & Cheese Burrito Peruvian Sandwich

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

The Oak Park Commitment

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



This institution is an equal opportunity provider.