

# Medea Creek Middle School

This menu is subject to change without notice.

## FALL/WINTER 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.

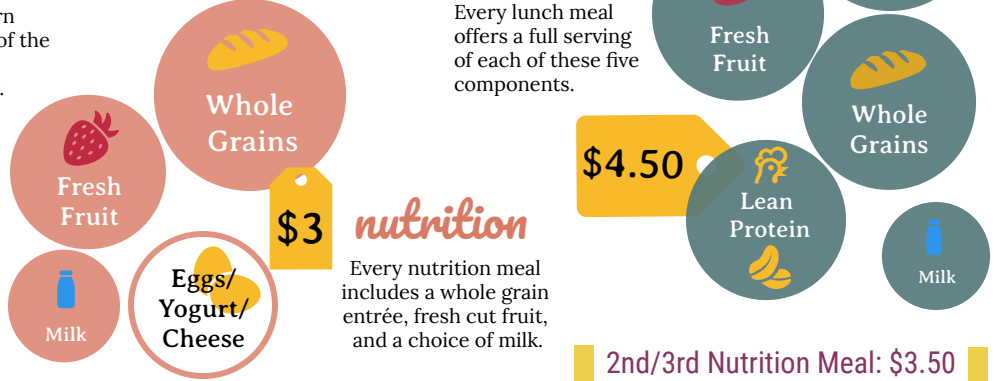
The health of the planet is important to us. Our meals are served on reusable plates with reusable utensils. We offer plant-based options every day.

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](http://www.oakparkusd.org/Page/6499)

### Lunch

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



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

@yestofreshfood

NUTRITION

LUNCH

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Choose ONE Entrée

- Breakfast Sandwich
- Cinnamon Pretzel
- Bagel + Cream Cheese

#### Choose ONE Entrée

- Eggs, Taters & Toast
- Baked French Toast
- Bagel + Cream Cheese

#### Choose ONE Entrée

- Breakfast Burrito
- Breakfast Bread
- Bagel + Cream Cheese

#### Choose ONE Entrée

- Breakfast Sandwich
- Pancake Squares
- Bagel + Cream Cheese

#### Choose ONE Entrée

- Breakfast Quesadilla
- Breakfast Muffin
- Bagel + Cream Cheese

### WEEK 1

#### PASTA

Sample Flavors:  
Mac 'N Cheese  
Marinara  
Garlic Parmesan

#### CRISPY TACOS OR NACHOS

(alternating weeks)  
Choice of Seasoned Turkey OR Hungry Planet\* Crumble  
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

#### SOUP DU JOUR

w/ Side of Cheese Quesadilla OR Griddled Cheese Sandwich

#### LASAGNA

#### LA-STYLE STREET TACOS

Sample Flavors:  
Pollo Asado  
Korean Fusion

#### CHEF'S CHOICE

Sample Items:  
Bean & Cheese Burrito  
Chicken Sandwich

### WEEK 2

Menu Starts: October 21st

\*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.