

Oak Park High School

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 100% biodegradable plates. We offer plant-based options every day.

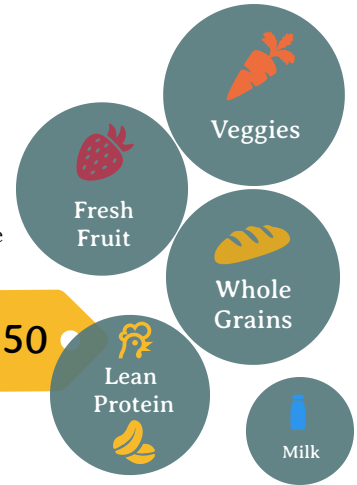
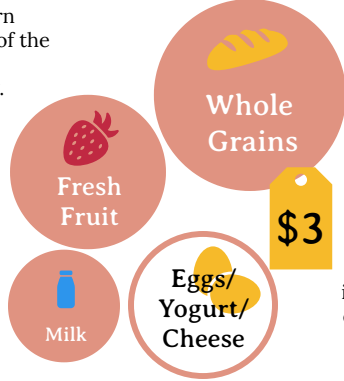
We cook with dairy, eggs, wheat, soy, and seeds. We do not use peanuts or tree nuts in our food.

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

This menu is subject to change without notice.

Lunch

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



@yestofreshfood

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

NUTRITION

LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Choice of ONE Entrée

Breakfast Sandwich

Fruit & Yogurt Parfait

Bagel w/ Cream Cheese

Choice of ONE Entrée

Eggs, Taters & Toast

Cinnamon Pretzel

Bagel w/ Cream Cheese

Choice of ONE Entrée

Warm Fruit Crisp

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

PASTA

Sample Flavors:
Marinara
Primavera
Garlic Parmesan
Lasagna

WEEK 2

CRISPY TACOS OR NACHOS

(alternating weeks)

Seasoned Turkey
Hungry Planet* Crumble

Side of Rice & Beans
Homemade Salsa

LA-STYLE STREET TACOS

Sample Flavors:
Chicken Al Pastor
Kogi-Style Korean BBQ

Side of Rice & Beans
Homemade Salsa

POWER BOWL

Sample Flavors:
Teriyaki
CAVA Mediterranean
Korean Bibimbap

Variety of Vegetables
Brown Rice

Choice of Chicken OR
Plant Protein**

Variety of Toppings,
Dips, and Dressings

SOUP DU JOUR

w/ Cheese Quesadilla
OR Half Grilled Cheese

Sample Flavors:
Chicken Tortilla
Minestrone
Lentil

SANDWICHES

Sample Flavors:
Peruvian Grilled Chicken
Chicken Parmesan

PIZZA

Sample Flavors:
Margherita
Pesto
Avocado Veggie
BBQ Chicken

Caesar Salad

Menu Starts: October 21st

*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.