



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Included FREE in Every Meal: *Garden Fresh Salad Bar * Fresh Fruit Choice *Low-Fat Milk</p> <p>* Crisp Romaine Lettuce * Crunchy Organic Baby Carrots * Delightful Cherry Tomatoes * Hearty Beans * Snow Peas * Snap Peas * Refreshing Crisp Cucumbers * Organic Spinach * Green Peppers * Kale * Broccoli * Cauliflower * Seasonal Produce * Tofu * Quinoa * Organic Apples * Pears * Bananas * Plums</p> <p>We also cheerfully make our Daily Entrée without meat as a vegetarian meal, no additional fee! Healthy, Calcium Rich, Non-Dairy Refreshments may be purchased for your enjoyment a la Carte. Almond or Soy Milk is available free to students' with a medical note. Vegan options are noted by V.</p>				
<p>1 (OPTIONAL) MEATLESS MONDAY Cuban Black Beans (V) Jerk Chicken Organic Brown Rice Steamed Carrots Café Bread</p>	<p>2 Baked Potato (V) Baked Sweet Potato(V) Turkey Chili Whole Grain Crackers Or Corn Bread</p>	<p>3 Grass Fed Beef Sliders or Veggie Burger Whole Grain Roll Lettuce and Tomato</p>	<p>4 Chicken Tinga or Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn</p>	<p>5 Assorted Flavors of Whole Grain Pizza Steamed Green Beans</p>
<p>8 MEATLESS MONDAY Vegetarian Baked Ziti Steamed Broccoli Whole Grain Café Bread</p>	<p>9 Turkey Tacos or Veggie Tacos Whole Grain Tortilla Steamed Corn</p>	<p>10 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Green Beans Whole Grain Roll</p>	<p>11 Turkey Subs or Hummus Subs (V) Whole Grain Roll Assorted Fresh Veggies</p>	<p>12 Assorted Flavors of Whole Grain Pizza Steamed Carrots</p>
<p>15 In Service Day No School For Students</p>	<p>16 BBQ Chicken or BBQ Tofu (V) Sandwich Whole Grain Bun Steamed Green Beans</p>	<p>17 Baked Potato(V) Baked Sweet Potato(V) Turkey Chili Whole Grain Crackers Or Corn Bread</p>	<p>18 Chicken, Tuna or Egg Salad Whole Grain Bun Sugar Snap Peas</p>	<p>19 Assorted Flavors of Whole Grain Pizza Steamed Corn</p>
<p>22 K & 3 HARVEST MEAL Roasted Chicken Thigh Roasted Tofu (V) Roasted Potato Medley Café Bread</p>	<p>23 Turkey Subs or Hummus Subs (V) Whole Grain Roll Assorted Fresh Veggies</p>	<p>24 Chicken Tinga or Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn</p>	<p>25 Teriyaki Chicken Teriyaki Tofu Organic Brown Rice Steamed Carrots Whole Grain Roll</p>	<p>26 Assorted Flavors of Whole Grain Pizza Steamed Broccoli</p>
<p>29 1 & 4 HARVEST MEAL Roasted Chicken Thigh Roasted Tofu (V) Roasted Potato Medley Café Bread</p>	<p>30 Turkey Tacos or Veggie Tacos Whole Grain Tortilla Steamed Corn</p>	<p>31 Hawaiian Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Broccoli Whole Grain Roll</p>		
<p>Breakfast Daily: \$1.00, (**Reduced Price \$.30) Breakfast Weekly: \$5.00</p>				
<p>Cinnamon Breakfast Barley with Fruit Compote Greek Yogurt</p>	<p>Sausage, Egg and Cheese Breakfast Bowl Whole Grain Toast</p>	<p>Farm Fresh Scrambled Eggs Whole Grain Toast Orange Juice</p>	<p>Whole Grain Oatmeal Turkey Sausage Roasted Potato Medley</p>	<p>Assorted Whole Grain Cereal Fresh Baked Muffin String Cheese</p>
<p>Daily Lunch Prices</p>				
<p>Elementary: Pre K -5: \$2.50 (**Reduced Price \$40) Weekly: \$12.50</p>	<p>OPA and Jr. Sr. High No cost for Meals Adults \$3.50</p>	<p>A la Carte (extras): \$.50—\$2.00 Check Café Menu Board for full daily list of options.</p>	<p>Soy Milk \$1.00 8 oz. Almond Milk \$1.00 8 oz. Frozen Unsweetened Fruit Sorbet \$0.50 Fruit Muffin \$0.50</p>	
<p><small>**Free and Reduced prices are for students who qualify for either a free or a price-reduced meal according to the Federal National School Lunch Program. The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (800) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication 1400 Independence Avenue, SW Washington, DC 20250-9410., by fax (202) 690-7442 or email at program.intake@usda.gov USDA is an equal opportunity provider and employer. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). Menu is subject to change due to availability.</small></p>				