

August 2016 Lunch Menu Oak Park Prep

Crust & Stuff

AUGUST 2016



Cold Sandwiches & Wraps Made Fresh

<u>Daily</u> Sandwiches

Pastrami & Cheese Salami & Cheese Ham & Cheese Turkey & Cheese Tuna Salad Sandwich

Wraps

Selections Rotate BBQ Chicken Wrap Buffalo Chicken Wrap Chicken Caesar Wrap Chipotle Chicken Wrap Santé Fe Turkey Wrap

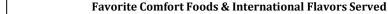


Daily Salad Bar with Condiments

Today's Feature

Monday
Carrots & Beans
Tuesday
Broccoli & Celery
Wednesday
Tomatoes & Cucumbers
Thursday
Salad & Beans

Friday
Carrots & Celery



Tavorite comfort roods & international riavors served				
1	2	3	4	5
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
8	9	10	11	12
NO SCHOOL	NO SCHOOL	Sloppy Joe with Sweet Mashed Potatoes	Sweet & Sour Chicken with Brown Rice & Stir-Fry Veggies	Fresh Baked Pizza Italian Meatball Sub
15	16	17	18	19
Mac & Cheese with Breadstick	General TSO Chicken with Brown Rice	Spaghetti & Meatballs	Turkey Taco Salad	Fresh Baked Pizza Beefy Bean & Cheese Burrito
22	23	24	25	26
Chicken Alfredo with Veggie Medley & Breadstick	Beef Enchiladas Mexican Style Rice & Spicy Beans	Savory Baked Stuffed Potatoes	Hot Dog Twist with Baked Fries	Fresh Baked Pizza Hot Wings
29	30	31		
Pepperoni Pasta Bake with Roasted Summer Squash	Triple Grilled Cheese with Baked Fries	Mashed Potato & Chicken Bowl	BREAKFAST Student Prices \$1.50 Paid \$.30 Reduced Adult/Staff \$3.25 Low-fat milk is served with 6	LUNCH Student Prices \$2.55 Paid \$.40 Reduced Adult/Staff \$3.25 every breakfast and lunch.



Pepperoni pizza served on Friday
All pizza made w/ reduced fat cheese
& whole grain crust. Includes salad bar.

Specials

Week 1 Buffalo Chicken
Week 2 Italian Sausage
Week 3 Meatball
Week 4 Hawaiian

Week 5 BBQ Chicken



Includes daily potato choice and salad bar.

Specials

Monday: Chicken Sandwich

Tuesday: Hamburger or Cheeseburger

Wednesday: Turkey Corn Dog
Thursday: BBQ Riblet Sandwich
Daily: Popcorn Chicken



Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

Specials

Monday: Asian Chicken Salad

Tuesday: Ham & Turkey Chef Salad

Wednesday: Spinach Salad

Thursday: Satsuma Cobb Salad

Daily Chicken Caesar Salad



Any question please call: Food Service Director 916.649.7844

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