

October 2016 Lunch Menu Oak Park Prep

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Cold Sandwiches & Wraps Made Fresh

Daily 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



Favorite Comfort Foods & International Flavors Served

3	4	5	6	7
Chili Cheese Dog with Baked Beans	Teriyaki Chicken with Brown Rice & Stir-Fry Veggies	Triple Grilled Cheese with Baked Fries	NO SCHOOL	NO SCHOOL
10	11	12	13	14
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
17	18	19	20	21
NO SCHOOL	Chicken Alfredo with Veggie Medley & Breadstick	Mashed Potato & Chicken Bowl	Spaghetti & Meatballs with Breadstick	Fresh Baked Pizza
24	25	26	27	28
Beef Nachos Bowl Mexican Style Rice & Spicy Beans	Orange Chicken with Brown Rice & Stir-Fry Veggies	Chicken Parmesan Spaghetti with Breadstick	Sloppy Joe with Sweet Mashed Potatoes	Fresh Baked Pizza
31				
Mac & Cheese with Breadstick & Veggies			BREAKFAST	LUNCH
			Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.50	Student Prices \$2.55 Paid \$0.40 Reduced* Adult/Staff \$3.25



Classic Cheese pizza, Veggie and 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

**Questions please call:
Food Service Director
916.649.7844**

USDA and this institution are equal opportunity providers.

***You may qualify for free or reduced price meals. Applications are available at all schools and the district office. Low-fat milk is served with every breakfast and lunch.
Some menu items may change due to availability of products.**