

November 2016 Lunch Menu Oak Park Prep

November 2016



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

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

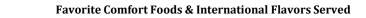
Today's Feature

Monday Carrots & Beans Tuesday

Broccoli & Celery Wednesday

Tomatoes & Cucumbers

Thursday Salad & Beans **Friday** Carrots & Celery



	1	2	2	4
Choose My Plate.gov	Teriyaki Chicken with Brown Rice & Stir-Fry Veggies	Catfish Strips with Spaghetti & Dinner Roll	Roasted Turkey with Mashed Potatoes & Green Beans with Dinner Roll	Fresh Baked Pizza with Caesar Salad
7	8	9	10	11
Beef A Roni with Veggie Medley & Dinner Roll	Sweet & Sour Chicken with Brown Rice & Stir-Fry Veggies	BBQ Chicken with Mashed Potatoes & Green Beans with Dinner Roll	Triple Grilled Cheese with Baked Fries	NO SCHOOL
14	15	16	17	18
BBQ Pulled Pork with Baked Beans & Dinner Roll	Chicken Alfredo with Veggie Medley & Breadstick	Chicken Strip Basket with Baked Fries & Dinner Roll	Spaghetti & Meatballs with Breadstick	Fresh Baked Pizza with Caesar Salad
21	22	23	24	25
			21/	22222

NO SCHOOL	NO SCHOOL	NO SCHOOL	Thank	opy za sątviną
28	29	30		
			BREAKFAST	LUNCH
Mac & Cheese	Chicken Parmesan	Sloppy Joe	Student Prices	Student Prices
Green Beans	with Pasta	with Mashed	\$1.50 Paid	\$2.55 Paid
& Dinner Roll	Mixed Veggies	Sweet Potatoes	\$0.30 Reduced*	\$0.40 Reduced*
	& Breadstick		Adult/Staff \$2.50	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.