

November 2016 Lunch Menu Oak Park Prep

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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



Favorite Comfort Foods & International Flavors Served

	1	2	3	4
	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
NO SCHOOL	NO SCHOOL	NO SCHOOL		
28	29	30		
Mac & Cheese Green Beans & Dinner Roll	Chicken Parmesan with Pasta Mixed Veggies & Breadstick	Sloppy Joe with Mashed Sweet Potatoes	BREAKFAST Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.50	LUNCH 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