

# March 2017 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**

		1	2	3
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	BBQ Pulled Pork with Baked Beans & Dinner Roll	Chicken Parmesan with Penne Pasta & Dinner Roll	Fresh Baked Pizza with Caesar Salad
6	7	8	9	10
Chicken Alfredo with Broccoli & Dinner Roll	Chili Cheese Dog with Baked Beans & Fresh Sautéed Vegetables	Chicken Strip Basket with Baked Fries Green Bean & Dinner Roll	Spaghetti & Meatballs with Fresh Vegetables	Fresh Baked Pizza with Garden Salad
13	14	15	16	17
Sloppy Joes with Mashed Potatoes	Mac-n-Cheese with Veggie Medley & Dinner Roll	Italian Meatball Sub with Green Salad & Dinner Roll	Beef Macho Nachos Mexican Style Rice & Spicy Beans	Fresh Baked Pizza with Caesar Salad
20	21	22	23	24





Crust & Stuff

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: Chicken Strips Thursday: Turkey Corn Dog 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: **Director of Dining Services** 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.