

SAMPLE MENU *for* IDEAVENTIONS ACADEMY FOR MATHEMATICS AND SCIENCE



student lunches OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			SANDWICHES Smoked Turkey Bacon Sliders with Fresh Veggies, Pasta Salad, Orange Slices, and Chocolate Chip Cookie	SCHOOL'S CHOICE
5	6	7	8	9
ITALIAN Spaghetti Bolognese, Fresh Breadstick, Mixed Greens Salad with Italian Dressing, Apple Slices, and Brownie Bite	MEXICAN Southwest Burrito with House Salsa, Spanish Rice, Grapes, and Mini Muffin	ASIAN Teriyaki Stir-fry with Shrimp, Brown Rice, Strawberries, and Marshmallow Treat	BREAKFAST French Toast with Maple Syrup, Crispy Bacon, Hashbrown, Banana, and Chocolate Chip Cookie	SCHOOL'S CHOICE
12	13	14	15	16
AMERICAN Coconut-Crusted Chicken Nuggets with Sweet & Sour Sauce, Multigrain Roll, House Tots, Grapes, and Brownie Bite	SANDWICHES Chicken Salad Sandwich, Carrots Sticks & Cucumber Slices with Ranch Dip, Banana, and Marshmallow Treat	ITALIAN Lasagna, Fresh Breadstick, Spinach Salad with Italian Dressing, Orange Slices, and Chocolate Chip Cookie	MEXICAN California Chicken Soft Tacos with House Guacamole, Tomato and Cucumber Salad, Strawberries, and Mini Muffin	SCHOOL'S CHOICE
19	20	21	22	23
ASIAN Sesame Lo Mein with Shrimp and Fresh Veggies, Apple Slices, and Marshmallow Treat	BREAKFAST Scrambled Eggs with Cheddar Cheese, Whole Wheat Toast, Hashbrown, Banana, Brownie Bite	AMERICAN BBQ Pork Sandwich, Macaroni & Cheese, Spring Mix Salad with Ranch Dressing, Strawberries, and Mini Muffin	SANDWICHES Turkey & Cheese Wrap, Snap Peas & Grape Tomatoes with Ranch Dip, Orange Slices, and Chocolate Chip Cookie	SCHOOL'S CHOICE
26	27	28	29	30
MEXICAN Grilled Chicken & Cheese Quesadilla, Roasted Corn & Black Bean Salad, Grapes, and Brownie Bite	ASIAN Pineapple Chicken, Brown Rice, Steamed Broccoli, Apple Slices, and Marshmallow Treat	SANDWICHES Italian Hoagie with Fresh Veggies, Pasta Salad, Orange Slices, and Chocolate Chip Cookie	AMERICAN Pasture-Raised Beef Chili, House Cornbread Muffin, Spinach Salad with Ranch Dressing, Banana, and Brownie Bite	SCHOOL'S CHOICE

ABOUT STUDENT LUNCHES BY LOKL GOURMET

- We use locally-sourced and organic ingredients whenever possible. Fruits and vegetables on the Organic Consumer Association's "dirty dozen" list are always organic. Those that are on their "clean fifteen" list, and thus minimally affected by pesticides, are often, but not always, organic.
- We use local, pasture-raised meats from Virginia, and organic dairy from Trickle Springs Creamery in Pennsylvania.
- All of our dips, sauces, and baked goods are made in-house with simple, wholesome ingredients. We do not add preservatives, colorings, or high fructose corn syrup to anything we make.
- This menu is nut-free, but we are not a nut-free facility.

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