

# Sejong Academy

**HOT LUNCH**

**AUGUST/SEPTEMBER 23-24**

**PRICES: STUDENT - No Charge, ADULT - \$XX.XX**

**SERVED DAILY**

"Regular Entrée and/or Meatless/Vegetarian Alternate Entrée"  
 Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach, Hummus  
 Low Fat Dressing/Dip  
 Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, Applesauce Cup, OR Assorted Fruit Juice  
 Variety of Milk, including Skim

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Aug 21</b>	<b>Aug 22</b>	<b>Aug 23</b>	<b>Aug 24</b>	<b>Aug 25</b>
Option 1	BBQ Chicken on Bun Roasted Potatoes	Cheesy Breadsticks Marinara Sauce	Soft Shell Turkey Taco Bean & Corn Salad	Chicken Shawarma Steamed Rice	<b>Pizza Lunch</b>
VEG	BBQ Tofu on Bun Roasted Potatoes	Cheesy Breadsticks Marinara Sauce	Santa Fe Tofu Wrap Bean & Corn Salad	Tofu Shawarma Steamed Rice	
SOD	Turkey & Cheese Sandwich Roasted Potatoes	Grilled Chicken Wrap	Roast Beef & Cheese on Bun Bean & Corn Salad	Turkey & Roast Beef Sandwich	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	
<b>Week 2</b>	<b>Aug 28</b>	<b>Aug 29</b>	<b>Aug 30</b>	<b>Aug 31</b>	<b>Sep 1</b>
Option 1	Chicken Fajita Wrap Steamed Corn	Mac & Cheese Soft Breadstick	Beef Nachos Pinto Beans	Teriyaki Chicken Steamed Rice	<b>Pizza Lunch</b>
VEG	Cheese Quesadilla Steamed Corn	Mac & Cheese Soft Breadstick	Cheese Melt Pinto Beans	Teriyaki Tofu Steamed Rice	
SOD	Roast Beef & Cheese on Bun Steamed Corn	Turkey & Roast Beef Sandwich	Southwest Chicken Wrap Pinto Beans	Tuna Salad on Bun	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	
<b>Week 3</b>	<b>Sep 4</b>	<b>Sep 5</b>	<b>Sep 6</b>	<b>Sep 7</b>	<b>Sep 8</b>
Option 1			Chicken Quesadilla Corn Salsa	Tandoori Chicken Leg Yellow Rice	<b>Pizza Lunch</b>
Option 2		BBQ Meatball Hoagie Baked Beans			
Option 3					
	<b>LABOR DAY</b>				
VEG		BBQ Tofu on Bun Baked Beans	Bean & Cheese Quesadilla Corn Salsa	Chickpeas and Tomatoes Yellow Rice	
SOD		Turkey & Cheese Sandwich Baked Beans	Roast Beef & Cheese Bun Corn Salsa	Turkey & Roast Beef Sandwich	
		Salad, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	
<b>Week 4</b>	<b>Sep 11</b>	<b>Sep 12</b>	<b>Sep 13</b>	<b>Sep 14</b>	<b>Sep 15</b>
Option 1	Chicken Shawarma Wrap Chickpea Salad	Cheesy Breadsticks Marinara Sauce	Enchilada Bake (Turk/Beef) Steamed Corn	Orange Chicken Steamed Rice	<b>Pizza Lunch</b>
VEG	Tofu Shawarma Wrap Chickpea Salad	Cheesy Breadsticks Marinara Sauce	Cheese Enchilada Bake Steamed Corn	Orange Glazed Tofu Steamed Rice	
SOD	Roast Beef & Cheese Bagel Chickpea Salad	Southwest Chicken Wrap	Turkey & Beef Sandwich Steamed Corn	Egg Salad Sandwich	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	
<b>Week 5</b>	<b>Sep 18</b>	<b>Sep 19</b>	<b>Sep 20</b>	<b>Sep 21</b>	<b>Sep 22</b>
Option 1	BBQ Chicken on Bun Baked Beans	Mac & Cheese Soft Breadstick	Beef Nachos Corn Salsa	Chicken Curry Steamed Rice	<b>Pizza Lunch</b>
VEG	BBQ Tofu on Bun Baked Beans	Mac & Cheese Soft Breadstick	Bean & Cheese Nachos Corn Salsa	Tofu Curry Steamed Rice	
SOD	Turkey & Cheese Sandwich Baked Beans	Grilled Chicken Wrap	Roast Beef & Cheese Bun Corn Salsa	Turkey & Cheese Bun	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	
<b>Week 6</b>	<b>Sep 25</b>	<b>Sep 26</b>	<b>Sep 27</b>	<b>Sep 28</b>	<b>Sep 29</b>
Option 1	Italian Meatball Hoagie Potato Wedges	Chicken Lasagna Dinner Roll	Walking Taco Bean & Corn Salad		<b>No School</b>
VEG	Cheese Melt Potato Wedges	Cheese Lasagna Dinner Roll	Cheese Quesadilla Bean & Corn Salad	<b>Pizza Lunch</b>	
SOD	Roast Beef & Cheese on Bun Potato Wedges	Turkey & Cheese Bagel	Santa Fe Chicken Wrap Bean & Corn Salad		
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk		

**MENUS SUBJECT TO INFREQUENT CHANGE  
 BASED ON AVAILABILITY OF ITEMS**

Note: Menus may use ingredients that contain nuts/seeds, milk, egg, soybean, and other products.

All Done Right Food meals are Pork-Free.

*This institution is an equal opportunity provider.*



**Our Commitment**  
 "Healthy Food, Healthy Message"  
 We provide wholesome, delicious, real food that helps teach the right message to children.

**ANY QUESTIONS? CONTACT:**  
 School Office @ xxx-xxx-xxxx or  
 DONE RIGHT FOOD @  
[www.donerightfood.com](http://www.donerightfood.com)