## **Sejong Academy**

AUGUST/SEPTEMBER 23-24 HOT LUNCH

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

## SERVED DAILY

"Regular Entrée and/or Meatless/Vegetarian Alternate Entree"

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                      |
|---|---|--|---|---|-----------------------------|
| Week 1  | Aug 21  | Aug 22   | Aug 23  | Aug 24  | Aug 25                      |
| Option 1  | BBQ Chicken on Bun  | Cheesy Breadsticks   | Soft Shell Turkey Taco  | Chicken Shawarma  |                             |
|   | Roasted Potatoes  | Marinara Sauce   | Bean & Corn Salad   | Steamed Rice  |                             |
| VEG   | BBQ Tofu on Bun   | Cheesy Breadsticks   | Santa Fe Tofu Wrap  | Tofu Shawarma   |                             |
|   | Roasted Potatoes  | Marinara Sauce   | Bean & Corn Salad   | Steamed Rice  | Pizza Lunch                 |
| SOD   | Turkey & Cheese Sandwich  | Grilled Chicken Wrap   | Roast Beef & Cheese on Bun  | Turkey & Roast Beef Sandwich  |                             |
|   | Roasted Potatoes  |  | Bean & Corn Salad   |   |                             |
|   | Salad, Fruit, Milk  | Salad, Veggies, Fruit, Milk  | Salad, Fruit, Milk  | Salad, Veggies, Fruit, Milk   |                             |
| Week 2  | Aug 28  | Aug 29   | Aug 30  | Aug 31  | Sep 1                       |
| Option 1  | Chicken Fajita Wrap   | Mac & Cheese   | Beef Nachos   | Teriyaki Chicken  | 556                         |
|   | Steamed Corn  | Soft Breadstick  | Pinto Beans   | Steamed Rice  |                             |
| VEG   | Cheese Quesadilla   | Mac & Cheese   | Cheese Melt   | Teriyaki Tofu   |                             |
|   | Steamed Corn  | Soft Breadstick  | Pinto Beans   | Steamed Rice  | Pizza Lunch                 |
| SOD   | Roast Beef & Cheese on Bun  | Turkey & Roast Beef Sandwich   | Southwest Chicken Wrap  | Tuna Salad on Bun   | I ILLU LUIIOII              |
| 005   | Steamed Corn  | Turkey a readt Beer canamon  | Pinto Beans   | Tuna Galad on Ban   |                             |
|   | Salad, Fruit, Milk  | Salad, Veggies, Fruit, Milk  | Salad, Fruit, Milk  | Salad, Veggies, Fruit, Milk   |                             |
| Week 3  | Sep 4   | Sep 5  | Sep 6   | Sep 7   | Sep 8                       |
| Option 1  | 3ep 4   | Зер 3  | Chicken Quesadilla  | Tandoori Chicken Leg  | Зер б                       |
| Орион   |   |  | Corn Salsa  | Yellow Rice   |                             |
| Ontion 2  |   | DDO Maethall Haggie  | Com Salsa   | Tellow Rice   |                             |
| Option 2  |   | BBQ Meatball Hoagie Baked Beans  |   |   |                             |
| 0-60  |   | Baked Bearls   |   |   |                             |
| Option 3  | LABOR DAY   |  |   |   | Pizza Lunch                 |
| \/50  | LABOR DAY   | DDO T ( D  | D 0.01 0 171  | 01:1  | Pizza Lunch                 |
| VEG   |   | BBQ Tofu on Bun  | Bean & Cheese Quesadilla  | Chickpeas and Tomatoes  |                             |
| 000   |   | Baked Beans  | Corn Salsa  | Yellow Rice   |                             |
| SOD   |   | Turkey & Cheese Sandwich   | Roast Beef & Cheese Bun   | Turkey & Roast Beef Sandwich  |                             |
|   |   | Baked Beans  | Corn Salsa  |   |                             |
|   |   | Salad, Fruit, Milk   | Salad, Fruit, Milk  | Salad, Veggies, Fruit, Milk   |                             |
| Week 4  | Sep 11  | Sep 12   | Sep 13  | Sep 14  | Sep 15                      |
| Option 1  | Chicken Shawarma Wrap   | Cheesy Breadsticks   | Enchilada Bake (Turk/Beef)  | Orange Chicken  |                             |
| Орион і   | · ·   | ·  |   |   |                             |
| •   | Chickpea Salad  | Marinara Sauce   | Steamed Corn  | Steamed Rice  |                             |
| VEG   | Chickpea Salad Tofu Shawarma Wrap   | Marinara Sauce<br>Cheesy Breadsticks   | Cheese Enchilada Bake   | Orange Glazed Tofu  |                             |
| VEG   | Chickpea Salad<br>Tofu Shawarma Wrap<br>Chickpea Salad  | Marinara Sauce<br>Cheesy Breadsticks<br>Marinara Sauce   | Cheese Enchilada Bake<br>Steamed Corn   | Orange Glazed Tofu<br>Steamed Rice  | Pizza Lunch                 |
| •   | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel  | Marinara Sauce<br>Cheesy Breadsticks   | Cheese Enchilada Bake<br>Steamed Corn<br>Turkey & Beef Sandwich   | Orange Glazed Tofu  | Pizza Lunch                 |
| VEG   | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad   | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  | Cheese Enchilada Bake<br>Steamed Corn<br>Turkey & Beef Sandwich<br>Steamed Corn   | Orange Glazed Tofu<br>Steamed Rice<br>Egg Salad Sandwich  | Pizza Lunch                 |
| VEG   | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk  | Cheese Enchilada Bake<br>Steamed Corn<br>Turkey & Beef Sandwich<br>Steamed Corn<br>Salad, Fruit, Milk   | Orange Glazed Tofu<br>Steamed Rice<br>Egg Salad Sandwich<br>Salad, Veggies, Fruit, Milk   |                             |
| VEG SOD Week 5                                      | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18   | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk Sep 19   | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20  | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich Salad, Veggies, Fruit, Milk Sep 21   | Pizza Lunch<br>Sep 22       |
| VEG   | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk  | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos  | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry   |                             |
| VEG SOD Week 5 Option 1                             | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk Sep 19 Mac & Cheese Soft Breadstick  | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice  |                             |
| VEG SOD Week 5                                      | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk Sep 19 Mac & Cheese  | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos  | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry   | Sep 22                      |
| VEG SOD Week 5 Option 1 VEG                         | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk Sep 19 Mac & Cheese Soft Breadstick  | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice  |                             |
| VEG SOD Week 5 Option 1                             | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap Salad, Veggies, Fruit, Milk Sep 19 Mac & Cheese Soft Breadstick Mac & Cheese   | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos  | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry  | Sep 22                      |
| VEG SOD Week 5 Option 1 VEG                         | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick   | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice   | Sep 22                      |
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| VEG SOD Week 5 Option 1 VEG SOD                     | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans   | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun                                     | Sep 22                      |
| VEG SOD Week 5 Option 1 VEG SOD                     | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk  | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  Salad, Veggies, Fruit, Milk   | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun  Salad, Veggies, Fruit, Milk        | Sep 22<br>Pizza Lunch       |
| VEG SOD Week 5 Option 1 VEG SOD                     | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Sep 25   | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 26  | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun  Salad, Veggies, Fruit, Milk        | Sep 22<br>Pizza Lunch       |
| VEG SOD Week 5 Option 1 VEG SOD                     | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Sep 25 Italian Meatball Hoagie   | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19 Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 26 Chicken Lasagna   | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk Sep 27 Walking Taco   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun  Salad, Veggies, Fruit, Milk        | Sep 22<br>Pizza Lunch       |
| VEG SOD Week 5 Option 1 VEG SOD Week 6 Option 1     | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Sep 25 Italian Meatball Hoagie Potato Wedges                           | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 26 Chicken Lasagna Dinner Roll                            | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk Sep 27 Walking Taco Bean & Corn Salad                                     | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun  Salad, Veggies, Fruit, Milk        | Sep 22<br>Pizza Lunch       |
| VEG SOD Week 5 Option 1 VEG SOD Week 6 Option 1     | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Sep 25 Italian Meatball Hoagie Potato Wedges Cheese Melt               | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 26 Chicken Lasagna Dinner Roll Cheese Lasagna             | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk Sep 27 Walking Taco Bean & Corn Salad Cheese Quesadilla                   | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun  Salad, Veggies, Fruit, Milk Sep 28 | Sep 22  Pizza Lunch  Sep 29 |
| VEG SOD Week 5 Option 1 VEG SOD Week 6 Option 1 VEG | Chickpea Salad Tofu Shawarma Wrap Chickpea Salad Roast Beef & Cheese Bagel Chickpea Salad Salad, Fruit, Milk Sep 18 BBQ Chicken on Bun Baked Beans BBQ Tofu on Bun Baked Beans Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Sep 25 Italian Meatball Hoagie Potato Wedges Cheese Melt Potato Wedges | Marinara Sauce Cheesy Breadsticks Marinara Sauce Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 19  Mac & Cheese Soft Breadstick Mac & Cheese Soft Breadstick Grilled Chicken Wrap  Salad, Veggies, Fruit, Milk Sep 26 Chicken Lasagna Dinner Roll Cheese Lasagna Dinner Roll | Cheese Enchilada Bake Steamed Corn Turkey & Beef Sandwich Steamed Corn Salad, Fruit, Milk Sep 20 Beef Nachos Corn Salsa Bean & Cheese Nachos Corn Salsa Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk Sep 27 Walking Taco Bean & Corn Salad Cheese Quesadilla Bean & Corn Salad | Orange Glazed Tofu Steamed Rice Egg Salad Sandwich  Salad, Veggies, Fruit, Milk Sep 21 Chicken Curry Steamed Rice Tofu Curry Steamed Rice Turkey & Cheese Bun  Salad, Veggies, Fruit, Milk Sep 28 | Sep 22 Pizza Lunch Sep 29   |

Done Right Food
School & Event Catering Services

## 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.



"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