

Sejong Academy

HOT LUNCH

NOVEMBER 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
Week 1			Nov 1	Nov 2	Nov 3
			Beef Nachos	Chicken Curry	Cheese Pizza
			Corn Salsa	Steamed Rice	
VEG			Bean & Cheese Nachos	Tofu Curry	Cheese Pizza
			Corn Salsa	Steamed Rice	
			Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Week 2	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
	Italian Meatball Hoagie	Chicken Lasagna	Walking Taco	Marinated Chicken Leg	Cheese Pizza
	Potato Wedges	Dinner Roll	Bean & Corn Salad	Yellow Rice	
VEG	Cheese Melt	Cheese Lasagna	Cheese Quesadilla	Teriyaki Tofu	Cheese Pizza
	Potato Wedges	Dinner Roll	Bean & Corn Salad	Steamed Rice	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Week 3	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
	BBQ Chicken on Bun	Cheesy Breadsticks	Soft Shell Turkey Taco	Chicken Shawarma	Cheese Pizza
	Roasted Potatoes	Marinara Sauce	Bean & Corn Salad	Steamed Rice (flavored)	
VEG	BBQ Tofu on Bun	Cheesy Breadsticks	Santa Fe Tofu Wrap	Tofu Shawarma	Cheese Pizza
	Roasted Potatoes	Marinara Sauce	Bean & Corn Salad	Steamed Rice	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Week 4	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
	Chicken Fajita Wrap	Mac & Cheese			
	Steamed Corn	Soft Breadstick	No School	No School	No School
VEG	Cheese Quesadilla	Mac & Cheese			
	Steamed Corn	Soft Breadstick			
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk			
Week 5	Nov 27	Nov 28	Nov 29	Nov 30	
	Sloppy Joe	Cheese Lasagna	Chicken Quesadilla	Tandoori Chicken Leg	
	Baked Beans	Dinner Roll	Corn Salsa	Yellow Rice	
VEG	BBQ Tofu on Bun	Cheese Lasagna	Bean & Cheese Quesadilla	Chickpeas and Tomatoes	
	Baked Beans	Dinner Roll	Corn Salsa	Yellow Rice	
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, 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