## Sejong Academy OCTOBER 23-24

HOT LUNCH SERVED DAILY PRICES: STUDENT - No Charge, ADULT - \$XX.XX

"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

Roasted Potabose SOD Turkey & Cheese Sandwich Roasted Potabose South Find Milk Sold Find Milk So				Variety of Milk, including Skim	,	
Option 1 BBC Chroken on Bun Roasted Potatose Marinaria Sauce Bean & Corn Salad Steamed Rice Bean & Corn Salad Steamed Rice Cheesy Breadsticks Bank & Corn Salad Steamed Rice Cheesy Breadsticks Roasted Potatose Marinaria Sauce Bean & Corn Salad Steamed Rice Cheesy Breadsticks Roasted Potatose Sandwich Gilled Chicken Wap Bean & Corn Salad Steamed Rice Salad, Vegide, Fruit, Milk Salad, Fruit, M			·	-		Friday
VEG BBQ Tofu on Bun Cheese Presidence War Bana & Com Salad Steamed Roce  SDD Turkey & Cheese Sandwich Rosated Protates Salad A Fruit Milk Salad Fruit Milk Sala	0-6 4					Oct 6
VEG BBQ Tofu on Bun Cheesy Breadsticks Ranks Fe Tofu Wrap Ban & Com Salad Turkey & Cheese Sandwich Ban & Com Salad Cheese on Bun Rank Com Salad Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, F	Option 1		·			Chicken Alfredo Garlic Breadstick
Roasted Plathatos  SOD Turkey & Cheese Sandwich Roasted Plathatos  Sobo Turkey & Cheese Sandwich Roasted Plathatos  Salad Fruit, Mik  Socia  Socia Fruit, Mik  Socia Socia Fruit, Mik  Socia Socia Fruit, Mik  Socia Socia Fruit, Mik  Socia Socia Fruit, Mik  Soli Breadstox  Soli Breadstox  Soli Breadstox  Soli Breadstox  Soli Breadstox  VEG  Cheese Quesadilla  Soli Breadstox  Soli Breadstox  Soli Breadstox  Prino Beans  Solid		Roasieu Polatioes	Mailliala Sauce	Beari & Corr Salau	Steamed Nice	Gariic Breaustick
Roasted Potalose SOD Tutkey & Cheese Sandwich Roasted Potalose Sold Futkey & Cheese Sandwich Roasted Potalose Saled, Fruit, Milk Sold Fruit, Milk Sold, Fruit, Milk						
Roselled Potatoles Salad, Fruit, Milk Salad, Fruit, Milk Cot 9 Cot 19 Chicken Fajita Wap Steamed Corn Soft Breadstok Steamed Corn Soft Breadstok Steamed Corn Soft Breadstok Soft Breadsto	VEG					Cheese Enchilada Bake Tortilla Chips
Oct 9	SOD	,	Grilled Chicken Wrap		Turkey & Roast Beef Sandwich	Tuna Salad Sandwich
Option 1 Chicken Fajita Wrap Steamed Com Soft Breadstock Pinto Beans Steamed Rice Mixed Cheese Cheese Melt Steamed Com Soft Breadstock Steamed Rice Mixed Cheese Melt Steamed Com Soft Breadstock Steamed Rice Mixed Cheese Melt Steamed Rice Soft Breadstock So		Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Mil
VEG Cheese Quesadilla Mar & Cheese Cheese Meit Steamed Roce Missamed Corn Soft Breadstick Pinto Beans Steamed Roce Turus Şirke Arabat Beef Sandwich Steamed Corn Salad Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Mi		Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
VEG Cheese Quesadilla Soft Breadstick Pinto Beans Steamed Rice Pinto Beans Soft Breadstick Pinto Beans Pinto Beans Pinto Beans Pinto Beans Pinto Beans Pinto Beans P	Option 1	Chicken Fajita Wrap	Mac & Cheese	Beef Nachos	Teriyaki Chicken	Swedish Meatballs
Steamed Corn Roast Beef & Cheese on But Turkey & Roast Beef Sandwich Steamed Corn Baked Beans Dinner Roll Corn Salsa Corn Salsa Corn Salsa Corn Salsa No School  VEG BBQ Tofu on Bun Baked Beans Dinner Roll Chicken Cluesadilla Corn Salsa		Steamed Corn	Soft Breadstick	Pinto Beans	Steamed Rice	Mashed Potatoes & Rol
SoD Steamed Corn  Roast Beef & Cheese on But Turkey & Roast Beef Sandwich Southwest Chicken Wrap Pinto Beans  Stalad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad						
Steamed Corn  SoD Noast Beef & Cheese on But Turkey & Roast Beef Sandwich Southwest Chicken Wrap Pinto Beans Steamed Corn Steamed Corn Salad Cruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, F	VEG	Cheese Quesadilla	Mac & Cheese	Cheese Melt	Teriyaki Tofu	Cheesy Breadsticks
Steamed Corn Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Oct 16 Oct 17 Oct 18 Oct 18 Oct 18 Oct 19 Oct 20 Oct 23 Oct 24 Oct 25 Oct 25 Oct 26 Oct 27 Oct 26 Oct 2					-	Marinara Sauce
Salad, Fruit, Milk Oct 16 Oct 17 Oct 18 Oct 19 Oct 26 Oct 27 Oct 26 Oct 27 Oct 26 Oct	SOD	Roast Beef & Cheese on Bun	Turkey & Roast Beef Sandwich	Southwest Chicken Wrap	Tuna Salad on Bun	Chicken Shawarma Wra
Option 1 Sloppy Joe Cheese Lasagna Chicken Quesadilla Corn Salsa No School  VEG BBQ Tofu on Bun Baked Beans Dinner Roll Corn Salsa No School  VEG BBQ Tofu on Bun Baked Beans Dinner Roll Corn Salsa Son Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit				Pinto Beans		Baked Chips
Option 1 Sloppy Joe Baked Beans Dinner Roll Corn Salsa No School  VEG BBQ Tofu on Bun Cheese Lasagna Bean & Cheese Quesadilla Corn Salsa Salad Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Mi						Salad, Veggies, Fruit, Mi
VEG BBQ Tofu on Bun Cheese Lasagna Bean & Cheese Quesadilla Corn Salsa No School  Turkey & Cheese Sandwich Chicken Salad Wrap Baked Beans Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fru					Oct 19	Oct 20
VEG BBQ Tofu on Bun Cheese Lasagna Bean & Cheese Quesadilla Corn Salsa SOD Turkey & Cheese Sandwich Chicken Salad Wrap Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Oct 23 Oct 24 Oct 25 Oct 25 Oct 26 Oct	Option 1					
SOD Turkey & Cheese Sandwich Chicken Salad Wrap Corn Salsa Solo Turkey & Cheese Sandwich Chicken Salad Wrap Corn Salsa Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk		Baked Beans	Dinner Roll	Corn Salsa	No School	No School
SOD Turkey & Cheese Sandwich Chicken Salad Wrap Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fr						
Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk Salad, Fruit,	VEG		-			
Baked Beans Salad, Fruit, Milk Oct 23 Oct 24 Oct 25 Option 1 Cheesy Breadsticks Deption 1 No School Marinara Sauce Steamed Corn Steamed Corn Steamed Rice  VEG Cheesy Breadsticks Marinara Sauce Steamed Corn Steamed Rice  VEG Cheesy Breadsticks Cheese Enchilada Bake Steamed Corn Steamed Rice  VEG Cheesy Breadsticks Cheese Enchilada Bake Steamed Corn Steamed Rice Southwest Chicken Wrap Turkey & Beef Sandwich Steamed Corn Steamed Corn Steamed Rice Southwest Chicken Wrap Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles, Fruit, Milk Salad, Fruit, Milk Salad, Veggles,	000					
Salad, Fruit, Milk  Oct 23  Oct 24  Oct 25  Oct 26  Option 1  No School  No School  No School  Oct 26  Cheesy Breadsticks  Marinara Sauce  Steamed Corn  Steamed Rice  Southwest Chicken Wrap  Salad, Veggies, Fruit, Milk  Oct 30  Oct 31  Option 1  BBQ Chicken on Bun  Baked Beans  Soft Breadstick  Soft Breadstick  Orange Chicken  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  S	SOD	· ·	Chicken Salad Wrap			
Option 1  Oct 23  Oct 24  Option 1  Cheesy Breadsticks  No School  Marinara Sauce  Cheesy Breadsticks  Marinara Sauce  Steamed Corn  Steamed Rice  SoD  Cheesy Breadsticks  Marinara Sauce  Steamed Corn  Steamed Rice  SoD  Steamed Corn  Steamed Rice  SoD  Steamed Corn  Steamed Rice  Southwest Chicken Wrap  Steamed Corn  Steamed Rice  Southwest Chicken Wrap  Steamed Corn  Steamed Rice  Sold  Steamed Corn  Steamed Rice  Sold  Steamed Corn  Steamed Corn  Steamed Rice  Sold  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Rice  Sold  Steamed Corn  Steamed Corn  Steamed Rice  Sold  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Rice  Sold Steamed Corn  Steamed Corn  Steamed Rice  Sold Steamed Corn  Steamed Corn  Steamed Corn  Steamed Rice  Sold Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Rice  Sold Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Corn  Steamed Rice  Sold Steamed Corn  Steamed C			Salad Veggies Equit Milk			
Option 1  No School  N					Oct 26	Oct 27
No School  Marinara Sauce  Steamed Corn  Steamed Rice  VEG  Cheesy Breadsticks  Marinara Sauce  Steamed Corn  Steamed Rice  SoD  Southwest Chicken Wrap  Steamed Corn  Steamed Rice  Steamed Rice  Steamed Rice  Steamed Rice  Steamed Corn  Steamed Rice  Steamed Corn  Steamed Rice  Steamed Corn  Steamed Rice  Ste	Option 1					Pasta w/ Meatballs
Marinara Sauce  Steamed Corn  Steamed Rice  Southwest Chicken Wrap  Steamed Corn  Steamed Rice  Egg Salad Sandwich Sol  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Southwest Cheese  Baked Beans  Soft Breadstick  Southwest Cheese  Southwest Cheese  Baked Beans  Soft Breadstick  Southwest Cheese  Sold Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Mi		No School	Marinara Sauce	Steamed Corn	Steamed Rice	Garlic Toast
Marinara Sauce  Steamed Corn  Steamed Rice  Southwest Chicken Wrap  Steamed Corn  Steamed Rice  Egg Salad Sandwich Soid  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Son  Turkey & Cheese Sandwich  Baked Beans  Soft Breadstick  Son  Turkey & Cheese Sandwich  Baked Beans  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.  Done Right Food  School & Event Catering Services  ANY QUESTIONS? Co						
Marinara Sauce  Steamed Corn  Steamed Rice  Southwest Chicken Wrap  Steamed Corn  Steamed Rice  Egg Salad Sandwich Soid  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Son  Turkey & Cheese Sandwich  Baked Beans  Soft Breadstick  Son  Turkey & Cheese Sandwich  Baked Beans  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.  Done Right Food  School & Event Catering Services  ANY QUESTIONS? Co	VEG		Cheesy Breadsticks	Cheese Enchilada Bake	Orange Glazed Tofu	Italian Pasta w/ Tofu
SOD Southwest Chicken Wrap Turkey & Beef Sandwich Egg Salad Sandwich Sol Steamed Corn  Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Fruit, Milk Salad, Veggies, Fruit, Milk Salad, Frui			· · · · · · · · · · · · · · · · · · ·			Garlic Toast
Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  Salad, Veggies, Fruit, Milk  Salad, Fruit, Milk  VEG  BBQ Tofu on Bun  Baked Beans  Soft Breadstick  SOD  Turkey & Cheese Sandwich  Baked Beans  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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? Co	SOD					Southwest Chicken Wra
Option 1 BBQ Chicken on Bun Baked Beans Soft Breadstick  VEG BBQ Tofu on Bun Baked Beans Soft Breadstick  SOD Turkey & Cheese Sandwich Baked Beans 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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? C					55	
Deption 1 BBQ Chicken on Bun			Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Mi
VEG BBQ Tofu on Bun Mac & Cheese Baked Beans Soft Breadstick  SOD Turkey & Cheese Sandwich Grilled Chicken Wrap Baked Beans 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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? Co		Oct 30	Oct 31			
VEG BBQ Tofu on Bun Mac & Cheese Baked Beans Soft Breadstick  SOD Turkey & Cheese Sandwich Grilled Chicken Wrap Baked Beans 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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? Co	Option 1	BBQ Chicken on Bun	Mac & Cheese			
Baked Beans Soft Breadstick  Turkey & Cheese Sandwich Baked Beans 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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? Co		Baked Beans	Soft Breadstick			
Baked Beans Soft Breadstick  Grilled Chicken Wrap  Baked Beans 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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? Co						
SOD Turkey & Cheese Sandwich Grilled Chicken Wrap  Baked Beans  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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? Co	VEG	BBQ Tofu on Bun	Mac & Cheese			
Baked Beans  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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? C						
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.  Done Right Food School & Event Catering Services  ANY QUESTIONS? C	SOD		Grilled Chicken Wrap			
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.  Done Right Food that helps teach the right mes School & Event Catering Services  ANY QUESTIONS? C:						
		MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS Note: Menus may use ingredients that contain nuts/seeds, milk, egg, soybean,		Done Right Food School & Event Catering Services	Our Commitment "Healthy Food, Healthy Message" We provide wholesome, delicious, real food that helps teach the right message to children.	
DONE RIGHT FOO		_			School Office @ xxx-xxx-xxxx or DONE RIGHT FOOD @ www.donerightfood.com	