

Sejong Academy

HOT LUNCH **OCTOBER 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 Oct 2	Tuesday Oct 3	Wednesday Oct 4	Thursday Oct 5	Friday Oct 6
Option 1	BBQ Chicken on Bun Roasted Potatoes	Cheesy Breadsticks Marinara Sauce	Soft Shell Turkey Taco Bean & Corn Salad	Chicken Shawarma Steamed Rice	Chicken Alfredo Garlic Breadstick

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VEG	BBQ Tofu on Bun Roasted Potatoes	Cheesy Breadsticks Marinara Sauce	Santa Fe Tofu Wrap Bean & Corn Salad	Tofu Shawarma Steamed Rice	Cheese Enchilada Bake Tortilla Chips
SOD	Turkey & Cheese Sandwich Roasted Potatoes Salad, Fruit, Milk	Grilled Chicken Wrap	Roast Beef & Cheese on Bun Bean & Corn Salad Salad, Fruit, Milk	Turkey & Roast Beef Sandwich	Tuna Salad Sandwich Salad, Veggies, Fruit, Milk

	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Option 1	Chicken Fajita Wrap Steamed Corn	Mac & Cheese Soft Breadstick	Beef Nachos Pinto Beans	Teriyaki Chicken Steamed Rice	Swedish Meatballs Mashed Potatoes & Roll

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VEG	Cheese Quesadilla Steamed Corn	Mac & Cheese Soft Breadstick	Cheese Melt Pinto Beans	Teriyaki Tofu Steamed Rice	Cheesy Breadsticks Marinara Sauce
SOD	Roast Beef & Cheese on Bun Steamed Corn Salad, Fruit, Milk	Turkey & Roast Beef Sandwich	Southwest Chicken Wrap Pinto Beans Salad, Fruit, Milk	Tuna Salad on Bun Salad, Veggies, Fruit, Milk	Chicken Shawarma Wrap Baked Chips Salad, Veggies, Fruit, Milk

	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
Option 1	Sloppy Joe Baked Beans	Cheese Lasagna Dinner Roll	Chicken Quesadilla Corn Salsa	No School	No School

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VEG	BBQ Tofu on Bun Baked Beans	Cheese Lasagna Dinner Roll	Bean & Cheese Quesadilla Corn Salsa		
SOD	Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk	Chicken Salad Wrap	Roast Beef & Cheese Bun Corn Salsa Salad, Fruit, Milk		

	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
Option 1	No School	Cheesy Breadsticks Marinara Sauce	Beef Enchilada Bake Steamed Corn	Orange Chicken Steamed Rice	Pasta w/ Meatballs Garlic Toast

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VEG		Cheesy Breadsticks Marinara Sauce	Cheese Enchilada Bake Steamed Corn	Orange Glazed Tofu Steamed Rice	Italian Pasta w/ Tofu Garlic Toast
SOD		Southwest Chicken Wrap	Turkey & Beef Sandwich Steamed Corn	Egg Salad Sandwich	Southwest Chicken Wrap
		Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk

	Oct 30	Oct 31			
Option 1	BBQ Chicken on Bun Baked Beans	Mac & Cheese Soft Breadstick			

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VEG	BBQ Tofu on Bun Baked Beans	Mac & Cheese Soft Breadstick			
SOD	Turkey & Cheese Sandwich Baked Beans Salad, Fruit, Milk	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.

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