

OEC and OALC High School Lunch Menu

| MONDAY                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                | THURSDAY                                                                                                                                                | FRIDAY                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>                                                                                                                                                                                                   | <b>2</b>                                                                                                                                                                                                | <b>3</b>                                                                                                                                                 | <b>4</b>                                                                                                                                                | <b>5</b>                                                                                                                                                      |
| Beef Meatball Sub<br>Chips                                                                                                                                                                                 | Chicken Sandwich<br>(Regular and Spicy)<br>Sidewinder Fries                                                                                                                                             | Brunch For Lunch<br>French Toast<br>Chicken Sausage Patties<br>Hashbrown Patties                                                                         | Beef Cheese Burger<br>Curly Fries                                                                                                                       | Macaroni and Cheese<br>Breadstick                                                                                                                             |
| <b>International Cuisine</b>                                                                                                                                                                               | <b>International Cuisine</b>                                                                                                                                                                            | <b>International Cuisine</b>                                                                                                                             | <b>International Cuisine</b>                                                                                                                            | <b>International Cuisine</b>                                                                                                                                  |
| Burrito Day<br>Chicken Verde Burrito<br><b>OR</b> Bean and Cheese Chili Relleno<br>Burrito<br>Southwestern Rice<br>Oven Roasted Sweet Potatoes<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Protein Pack | Orange Chicken with White Rice<br>Chicken Potsticker<br><br>Steamed Seasoned Broccoli<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad                                        | Chicken Taco in A Bag<br><br>Honey Ginger Steamed Carrots<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Turkey Cheese Hoagie                            | General Tso Chicken<br>Lo Mein Noodles<br><br>Ginger Stir-Fry Vegetables<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad     | Penne Grilled Chicken Alfredo<br>Breadstick<br><br>Buttered Corn<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Turkey Cheese Hoagie                          |
| <b>8</b>                                                                                                                                                                                                   | <b>9</b>                                                                                                                                                                                                | <b>10</b>                                                                                                                                                | <b>11</b>                                                                                                                                               | <b>12</b>                                                                                                                                                     |
| Chicken Tenders<br>(Regular and Spicy)<br>Breadstick                                                                                                                                                       | Mini Chicken Corndogs<br>Chips                                                                                                                                                                          | Breaded Chicken Drumstick<br>Mashed Potatoes<br>Chicken Gravy<br>Dinner Roll                                                                             | Beef Cheese Burger                                                                                                                                      | Philly Beef Sandwich<br>Sidewinder Fries                                                                                                                      |
| <b>International Cuisine</b>                                                                                                                                                                               | <b>International Cuisine</b>                                                                                                                                                                            | <b>International Cuisine</b>                                                                                                                             | <b>International Cuisine</b>                                                                                                                            | <b>International Cuisine</b>                                                                                                                                  |
| Rotini Beef Meat Sauce<br><br>Breadstick<br><br>Parmesan Spinach Alfredo<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Protein Pack                                                                       | Baja Beef Burrito Bowl with Flour<br>Tortilla<br><br>Cilantro Lime Rice<br>Southwest Beans<br>Oven Roasted Curry Cauliflower<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad | Cheesy Beef Totchos<br><br>Southwestern Rice<br><br>Chipotle Cinnamon Sweet Potatoes<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Turkey Cheese Hoagie | Pizza<br><br>Mexican (Beef Fiesta or Cheese)<br>Caesar Salad<br>French Fries<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad | Sweet and Sour Chicken<br><br>Fried Rice<br>Chicken Potsticker<br>Honey Roasted Carrots<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Turkey Cheese Hoagie   |
| <b>15</b>                                                                                                                                                                                                  | <b>16</b>                                                                                                                                                                                               | <b>17</b>                                                                                                                                                | <b>18</b>                                                                                                                                               | <b>19</b>                                                                                                                                                     |
| <b>Burrito Day</b><br>Shredded Beef Chili Colorado<br>Burrito<br><b>OR</b> Bean and Cheese Chili Relleno<br>Burrito<br>Southwestern Rice                                                                   | Chicken Sandwich<br>(Regular or Spicy)<br><br>Sidewinder Fries                                                                                                                                          | <b>Brunch for Lunch</b><br>French Toast<br><br>Chicken Sausage Patties<br>Hashbrown Patties                                                              | Beef Cheese Burger<br>Curly Fries                                                                                                                       | Roast Turkey with Gravy<br>Mashed Potatoes<br><br>Dinner Roll                                                                                                 |
| <b>International Cuisine</b>                                                                                                                                                                               | <b>International Cuisine</b>                                                                                                                                                                            | <b>International Cuisine</b>                                                                                                                             | <b>International Cuisine</b>                                                                                                                            | <b>International Cuisine</b>                                                                                                                                  |
| Thai Sweet Chili Chicken<br>White Rice<br>Chicken Potsticker<br>Citrus Pineapple Butternut Squash<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Protein Pack                                              | Hearty Beef Lasagna<br>Breadstick<br>Caesar Salad<br>Savory Green Beans<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad                                                      | Beef Taco in a Bag<br><br>Buttered Corn<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Turkey Cheese Hoagie                                              | Orange Chicken<br>White Rice<br>Chicken Potsticker<br>Stir-fry Vegetable<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad     | Penne Alfredo with Italian Chicken<br>Sausage<br><br>Steamed Seasoned Broccoli<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Dessert<br>Turkey Cheese Hoagie |
| <b>22</b>                                                                                                                                                                                                  | <b>23</b>                                                                                                                                                                                               | <b>24</b>                                                                                                                                                | <b>25</b>                                                                                                                                               | <b>26</b>                                                                                                                                                     |
| Chicken Tender<br><br>(Regular and Spicy)<br>Breadstick                                                                                                                                                    | Sub Sandwich Day (Turkey/Cheese<br>or Turkey Ham/Cheese) Cold Hoagie<br>Sandwich<br>Chips                                                                                                               | Chicken Nugget Mashed Potato<br>Bowl<br><br>Dinner Roll                                                                                                  | <b>No School</b>                                                                                                                                        | <b>No School</b>                                                                                                                                              |
| <b>International Cuisine</b>                                                                                                                                                                               | <b>International Cuisine</b>                                                                                                                                                                            | <b>International Cuisine</b>                                                                                                                             |                                                                                                                                                         |                                                                                                                                                               |
| Rotini and Beef Meatball Marinara<br>Breadstick<br><br>Honey Roasted Carrots<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Protein Pack                                                                   | Shredded Chicken Burrito Bowl with<br>Flour Tortilla<br>Cilantro Lime Rice<br>Southwest Beans<br>Steamed Seasoned Broccoli<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad   | Mini Corndogs<br><br>Buttered Corn<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Turkey Cheese Hoagie                                                   |                                                                                                                                                         |                                                                                                                                                               |
| <b>29</b>                                                                                                                                                                                                  | <b>30</b>                                                                                                                                                                                               |                                                                                                                                                          |                                                                                                                                                         |                                                                                                                                                               |
| Beef Meatball Sub<br>Chips                                                                                                                                                                                 | Chicken Sandwich<br>(Regular and Spicy)<br>Sidewinder Fries                                                                                                                                             |                                                                                                                                                          |                                                                                                                                                         |                                                                                                                                                               |
| <b>International Cuisine</b>                                                                                                                                                                               | <b>International Cuisine</b>                                                                                                                                                                            |                                                                                                                                                          |                                                                                                                                                         |                                                                                                                                                               |
| Burrito Day<br>Chicken Verde Burrito<br><b>OR</b> Bean and Cheese Chili Relleno<br>Burrito<br>Southwestern Rice<br>Oven Roasted Sweet Potatoes<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Protein Pack | Orange Chicken with White Rice<br>Chicken Potsticker<br><br>Steamed Seasoned Broccoli<br>Fresh Fruit<br>Assorted Fresh Vegetables<br>Grilled Chicken Ranch Salad                                        |                                                                                                                                                          |                                                                                                                                                         |                                                                                                                                                               |

IN SCHOOL OFFERED DAILY:

Manager Choice of: Peanut Butter or Sun Butter and Jelly sandwich

This institution is an equal opportunity provider.