

 **
 ORANGEWOOD ACADEMY SEPTEMBER LUNCH MENU **

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Drink Options:** **Bottled Water, Organic Juice, 2%White Milk, 2% Chocolate Milk** |   |   |   |  **1****A:**  Chick pea Curryor **B**: Cheese Quesadilla SideJasmine Rice or Fresh Fruit  |
|  **4** **A:** Veggie Pot Stickers & Edamame or**B:** Hummus with Veggies & PitaSide:Organic Chipsor Peach Slices  |  **5****A:** Veggies Chow Mein or**B:** Grilled Cheese SandwichSide:Garden Salad or Whole Banana |  **6****A:** Vegetarian Lettuce Wraps(2) orB: California Sushi Roll  Side Baby Carrots or Fresh Fruit  |  **7** A: Green Beans with roasted  carrots  B: Parmesan Roasted Potatoes Side:Garden Salad or Fresh Fruit |  **8****A:** Mac and Cheeseor **B**: Veggie Taco Salad  SideVeggie Sticks or Orange Wedges  |
|  **11****A:** Veggie Burger or**B**: Penne Pasta SaladSide:Bake Fries or Fresh Fruit |  **12****A:** Farm Fresh Garden Salad or**B:** Cheese Enchiladas with Spanish Rice Side:Veggies Stickor Fresh Fruits  |  **13** **A:** Veggie Pizza**or****B:**  Crunchy Asian Ramen Noodle Salad Side:Garden Salad or Orange Wedges |  **14**A: Veggie Teriyaki Bowl **or****B:**  Alfredo Pasta with Red bell peppersSide:Whole Banana **or** Seaweed Snack  |  **15****A:**  Black Bean Quesadilla or **B**: Loaded bake potatoes with spinach SideGarden Salad Or Fresh Fruit  |
|  **18****A:** Quinoa Salad or**B:**  Bake Potatoes Taquitos Side:Veggies Sticksor Fresh Fruit  | **19****A:** Baked Ziti Pasta or**B:** Hummus Pita Packed  Side:Garlic Bread or Whole Apple  |  **20****A:** Spinach & Mushroom Quinoa Or**B**: Bean & Cheese Burrito Side:Organic Chips or Fresh Fruit  | **21****A:**  Orange Cauliflower w/Rice Or**B:** Veggie Chow Mein Side:Baby Carrots or Cookie  |  **22** **A:** Spaghetti with Marinara sauceor **B**: Veggie Fajitas BurritoSideBake Fries or Carrots Sticks  |
|  **25****A**: Veggie Lasagna **B:** Veggie SpringRollsSide:Garden Salad or Whole Banana |  **26****A:** Buttermilk fried Cauliflower **B:** Apple Gouda Sandwich Side:Garden Salad or Whole Banana | **27****A:** CaliforniaSushi Rolls**or****B:** Cheese QuesadillaSide:Organic Chips or Whole Banana |  **28****A:** Zucchini Burrito Boat or**B:** Veggie Chef Salad Side:Organic Chips or Whole Banana |  **29****A:** Black Bean Tacoor**B:** Tofu Chicken Nuggets Side:Veggies Sticks or Fresh Fruit |

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| **ABSENCE & CREDIT:**  | If your child will be absent, please call our customer care line @ (714) 398-7011 to notify us. You will be given credit for that day. If no one is available, state the first and last name of your child, grade and teacher.  **YOU MUST CALL BEFORE 7:00 A.M. the morning of the absence.** No exceptions will be made. Credit(s) can be used the following month or as needed within the school year. |