

**   
 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 Curry  or  **B**: Cheese Quesadilla  Side  Jasmine Rice or Fresh Fruit |
| **4**  **A:** Veggie Pot Stickers & Edamame  or  **B:** Hummus with Veggies & Pita  Side:  Organic Chipsor Peach Slices | **5**  **A:** Veggies Chow Mein  or  **B:** Grilled Cheese Sandwich  Side:  Garden Salad or Whole Banana | **6**  **A:** Vegetarian Lettuce Wraps(2)  or  B: 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 Cheese  or  **B**: Veggie Taco Salad    Side  Veggie Sticks or Orange Wedges |
| **11**  **A:** Veggie Burger  or  **B**: Penne Pasta Salad    Side:  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 peppers  Side:  Whole Banana **or** Seaweed Snack | **15**  **A:**  Black Bean Quesadilla  or  **B**: Loaded bake potatoes with spinach  Side  Garden Salad Or Fresh Fruit |
| **18**  **A:** Quinoa Salad  or  **B:**  Bake Potatoes Taquito  s  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 sauce  or  **B**: Veggie Fajitas Burrito  Side  Bake Fries or Carrots Sticks |
| **25**  **A**: Veggie Lasagna  **B:** Veggie SpringRolls  Side:  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 Quesadilla  Side:  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 Taco  or  **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. |