

Student's Name: _____ Teacher: _____

Total Regular Lunches: _____ Total Meatless/Vegetarian Lunches: _____

This order form is due by **9-24-2014**. Mark your option next to the date.

R for Regular meal, **ALT** for Meatless/Vegetarian meal



Odyssey


October 2014

HOT LUNCH

Price: Student - \$3.10

SERVED DAILY AT EVERY MEAL

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
 Fresh Green Salad - Lettuce Blend, Caesar, Spinach Mix, Oriental, OR Chopped Salad
 Low Fat Dressing/Dip
 Fresh Veggies - Carrots, Broccoli, Cucumber, Cauliflower, Celery, OR Tomatoes
 Fresh Fruit - Apple, Orange, Banana, Cantaloupe, Grapes, OR Pear
 Variety of Milk, including Skim

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
|  | | 1st | 2nd | 3rd |
| | | Swedish Meatballs w/ Brown Rice Salad, Veggies, Fruit, Milk ALT - Vegetarian Meatballs | BBQ Chicken Hoagie Potato Wedges Salad, Veggies, Fruit, Milk ALT - Egg Salad Hoagie | Beef Lasagna French Bread Salad, Veggies, Fruit, Milk ALT - Cheese Lasagna |
| 6th | 7th | 8th | 9th | 10th |
| Beef Stroganoff w/ Egg Noodles Salad, Veggies, Fruit, Milk ALT - Mac & Cheese | Teriyaki Chicken Legs Calico Beans & Roll Salad, Veggies, Fruit, Milk ALT - Egg & Cheese Biscuit | Beef Chili Corn Muffin Salad, Veggies, Fruit, Milk ALT - 4 Bean Chili | Chicken Chowmein Asian Rice Salad, Veggies, Fruit, Milk ALT - Mock Tuna Wrap | Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk ALT - Same |
| 13th | 14th | 15th | 16th | 17th |
| Chicken Alfredo Garlic Toast Salad, Veggies, Fruit, Milk ALT - Cheese Alfredo | Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk ALT - Same | No School | No School | No School |
| 20th | 21st | 22nd | 23rd | 24th |
| Italian Chicken Sandwich Potato Wedges Salad, Veggies, Fruit, Milk ALT - Italian Cheese Sandwich | Beef Gyro Rice Pilaf Salad, Veggies, Fruit, Milk ALT - Hummus w/ Pita | White Chicken Chili Corn Muffin Salad, Veggies, Fruit, Milk ALT - Egg Salad Wrap | Mac & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk ALT - Same | Chicken Enchilada Bake Black Beans Salad, Veggies, Fruit, Milk ALT - Cheese Enchilada Bake |
| 27th | 28th | 29th | 30th | 31st |
| Beef Chop Suey Lo Mein Salad, Veggies, Fruit, Milk ALT - Veggie Chop Suey | Turkey & Cheese Melt Baked Beans Salad, Veggies, Fruit, Milk ALT - Grilled Cheese | Italian Pasta & Meatsauce French Bread Salad, Veggies, Fruit, Milk ALT - Cheese Mostaccioli | Chicken Santa Fe Wrap Deli Coleslaw Salad, Veggies, Fruit, Milk ALT - Cheese Santa Fe Wrap | Steak & Cheese Stuffed Baked Potato & Roll Salad, Veggies, Fruit, Milk ALT - Bean & Cheese |

BREAKFAST

Price: Student - \$2.00

SERVED DAILY AT EVERY MEAL

Fruit Juice - Apple, Orange, or Grape
 Variety of Milk, including Skim

| | | | | |
|--|---|---|---|--|
| Assorted Muffins Hard Boiled Egg Fruit Juice, Milk | Fruit Yogurt w/ Granola Fruit Juice, Milk | Whole Grain Bagel PB & Cream Cheese Fruit Juice, Milk | Assorted Muffins Fruit Yogurt Fruit Juice, Milk | Breakfast Cereal String Cheese Fruit Juice, Milk |
|--|---|---|---|--|

**MENUS SUBJECT TO INFREQUENT CHANGE
 BASED ON AVAILABILITY OF ITEMS**

Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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 @ 763-971-8200 or
 DONE RIGHT FOOD @ 763-789-4493 or
 www.donerightfood.com