

Student's Name: _____ Teacher: _____

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

This order form is due by **6-26-2015** Mark your option next to the date.

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



Odyssey

July/August 2015

LUNCH

SERVED DAILY AT EVERY MEAL

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
 Fresh Green Salad - Garden, Caesar, Spinach Mix, Oriental, OR Mediterranean
 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 |
| | | Beef Lasagna Garlic Toast Salad, Veggies, Fruit, Milk ALT - Cheese Lasagna | Buffalo Chicken Sandwich Deli Coleslaw Salad, Veggies, Fruit, Milk ALT - Egg Salad Sandwich | No School |
| 6th | 7th | 8th | 9th | 10th |
| No School | BBQ Chicken Leg Baked Beans & Roll Salad, Veggies, Fruit, Milk ALT - Egg & Cheese Biscuit | Beef Stroganoff w/ Rotini Noodles Salad, Veggies, Fruit, Milk ALT - Tofu Stroganoff | Chicken Chowmein Asian Rice Salad, Veggies, Fruit, Milk ALT - Veggie Chowmein | Bag Lunches Turkey & Cheese Wrap Baked Chips Veggies, Fruit, Milk ALT - Multi-Cheese Wrap |
| 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 | Philly Cheesesteak Roasted Potatoes Salad, Veggies, Fruit, Milk ALT - Dijon Mock Tuna Sub | Chicken & Cheese Burrito Refried Beans Salad, Veggies, Fruit, Milk ALT - Cheese Burrito | Bag Lunches Turkey & Cheese Wrap Baked Chips Veggies, Fruit, Milk ALT - Multi-Cheese Wrap |
| 20th | 21st | 22nd | 23rd | 24th |
| Chicken Enchilada Bake Baked Tortilla Chips Salad, Veggies, Fruit, Milk ALT - Cheese Enchilada Bake | Beef Gyro Rice Pilaf Salad, Veggies, Fruit, Milk ALT - Hummus w/ Pita | White Chicken Chili Corn Muffin Salad, Veggies, Fruit, Milk ALT - White Bean Chili | Mac & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk ALT - Same | Bag Lunches Roast Beef Sandwich Deli Coleslaw Veggies, Fruit, Milk ALT - Multi-Cheese Sandwich |
| 27th | 28th | 29th | 30th | 31st |
| Beef Chop Suey Steamed Rice Salad, Veggies, Fruit, Milk ALT - Tofu Chop Suey | Turkey & Cheese Melt Potato Salad Salad, Veggies, Fruit, Milk ALT - Mock Tuna Croissant | Italian Pasta & Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk ALT - Cheese Penne | Chicken Santa Fe Wrap Pinto Beans Salad, Veggies, Fruit, Milk ALT - Santa Fe Cheese Wrap | Bag Lunches Turkey & Cheese Wrap Baked Chips Veggies, Fruit, Milk ALT - Multi-Cheese Wrap |
| August 3rd | August 4th | August 5th | August 6th | August 7th |
| Chicken Mostaccioli Garlic Toast Salad, Veggies, Fruit, Milk ALT - Cheese Mostaccioli | Beef Enchilada Bake Black Beans Salad, Veggies, Fruit, Milk ALT - Cheese Enchilada Bake | Chicken Philly Roasted Potatoes Salad, Veggies, Fruit, Milk ALT - Mock Tuna Hoagie | Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk ALT - Same | Bag Lunches Roast Beef Sandwich Potato Salad Veggies, Fruit, Milk ALT - Egg Salad Sandwich |

BREAKFAST

SERVED DAILY AT EVERY MEAL

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

| | | | | |
|--|--|--|--|---|
| Breakfast Bread 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.

The USDA is an equal opportunity provider and employer.

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