

August/ September 2019 OAKLAND INTERNATIONAL ACADEMY- High School

LUNCH



School Information:

* Our lunch consists of a serving of Milk, Fruits, vegetables, Grains and meat/ Meat alternatives.

*All students must have serving of fruits or vegetables in their plates.

*All Grains served are Whole Grain Rich



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

No School

Tuesday

Main Item: Baked Chicken Strips served with WG Dinner Roll 27
Second Option: Cheese Beef Burger
Available Daily: Grilled Chicken & Mixed Green Salad
Carrots & Cherry Tomato & Ranch Assorted Fresh fruit & Milk

Wednesday

Main Item: WG Nacho Chips 28
& Cheesy Ground Beef
Second option: Beef Taco & WG Tortilla
Available Daily: Grilled Chicken & Mixed Green Salad
Spicy Salsa & Beans & Shredded Lettuce
Assorted Fresh fruit & Milk

Thursday

Main Item: Cheese Pizza 29
Second option: Spicy Chicken Patty & WG Bun
Available Daily: Grilled Chicken & Mixed Green Salad
Broccoli & Spinach
Steamed Corn
Assorted Fresh fruit & Milk

Friday

No School

No School

Main Item: Baked Chicken Popcorn 3
WG Dinner Roll
Second option: WG Grilled Cheese Sandwich
Available Daily: Grilled Chicken & Mixed Green Salad
Cherry Tomato & Colored Peppers
Assorted Fresh fruit & Milk

Main Item: Cheese Beef Burger 4
& WG Bun
Second option: Cheesy Flat Bread
Available Daily: Grilled Chicken & Mixed Green Salad
Baked Potato Wedges
Assorted Fresh fruit & Milk

Main Item: Cheese Pizza 5
Second option : Spicy Chicken Patty & WG Bun
Available Daily: Grilled Chicken & Mixed Green Salad
Spinach Salad
Assorted Fresh fruit & Milk

Half Day 6
Grab & Go Lunch
Hummus Cup & Pita Chips
Turkey and Cheese Sandwich
Carrots & Celery
Garden Salad
Assorted Fresh fruit
Milk

Main Item: Baked Chicken Thighs 9
WG Dinner Roll
Second option : Turkey and Cheese Sandwich
Available Daily: Grilled Chicken & Mixed Green Salad
Steamed Mixed Vegetables
Assorted Fresh fruit & Milk

Main Item: WG Mac & Cheese & Bread Stick 10
Second Option: Cheesy Garlic Bread
Available Daily: Grilled Chicken & Mixed Green Salad
Baked Potato Stars
Assorted Fresh fruit & Milk

Main Item : Baked Chicken Nuggets 11
WG Dinner Roll
Second option: Beef Hot Dog & WG Bun
Available Daily: Grilled Chicken & Mixed Green Salad
Fresh Tomato & Lettuce Slices
Assorted Fresh fruit & Milk

Main Item: Cheese Pizza 12
Second option: Spicy Chicken Patty & WG Bun
Available Daily: Grilled Chicken & Mixed Green Salad
Spinach & Broccoli & Cucumber Salad
Assorted Fresh fruit & Milk

Half Day 13
Grab & Go Lunch
Buffalo Chicken Wrap
Turkey and Cheese Sandwich
Carrots & Celery
Garden Salad
Assorted Fresh fruit

Main Item: Baked Chicken Strips 16
WG Dinner Roll
Second option: WG Grilled Cheese Sandwich
Available Daily: Grilled Chicken & Mixed Green Salad
Cherry Tomato & Colored Peppers
Assorted Fresh fruit & Milk

Main Item: Chicken & Cheese Quesadilla 17
Second option: Chicken Popcorn & WG Dinner Roll
Available Daily: Grilled Chicken & Mixed Green Salad
Three Beans Salad
Assorted Fresh fruit & Milk

Main Item: Cheese Beef Burger 18
& WG Bun
Second option: Cheesy Flat Bread
Available Daily: Grilled Chicken & Mixed Green Salad
Baked Potato Wedges
Assorted Fresh fruit & Milk

Main Item: Cheese Pizza 19
Second option: Spicy Chicken Patty & WG Bun
Available Daily: Grilled Chicken & Mixed Green Salad
Spinach & Cauliflower & Celery Salad
Assorted Fresh fruit & Milk

Half Day 20
Grab & Go Lunch
Hummus Cup & Pita Chips
Turkey and Cheese Sandwich
Carrots & Celery
Garden Salad
Assorted Fresh fruit
Milk

Main Item: WG Nacho Chips 23
& Cheesy Ground Beef
Second option: Beef Taco & WG Tortilla
Available Daily: Grilled Chicken & Mixed Green Salad
Spicy Salsa & Beans & Shredded Lettuce
Assorted Fresh fruit & Milk

Main Item: WG Garlic Flat Bread 24
Pizza
Second option: Turkey and Cheese Sandwich
Available Daily: Grilled Chicken & Mixed Green Salad
Mixed Green Salad
Assorted Fresh fruit & Milk

Main Item: Baked Chicken Strips 25
WG Dinner Roll
Second option: WG Grilled Cheese Sandwich
Available Daily: Grilled Chicken & Mixed Green Salad
Steamed Corn
Assorted Fresh fruit & Milk

Main Item: Cheese Pizza 26
Second option: Spicy Chicken Patty & WG Bun
Available Daily: Grilled Chicken & Mixed Green Salad
Spinach & Cauliflower & Celery Salad
Assorted Fresh fruit & Milk

Half Day 27
Grab & Go Lunch
Buffalo Chicken Wrap
Turkey and Cheese Sandwich
Carrots & Celery
Garden Salad
Assorted Fresh fruit