

Our menu and other important info can be found online at www.oics.org

April 2017

Orcas Christian School



Our menu is lacto-ovo vegetarian
Paid Lunch is \$4.50
Reduced Price is \$0.40
Adult lunch is \$5.00
Extra Milk is .50

Monday

Mac & Trees **2**
Fresh Green Salad
Roasted Spring Carrots
Seasonal Fruit
Skim and 1% Milk

Tuesday

BBQ 'Sloppy' Lentil Joes **3**
On whole grain bun
Cole Slaw
Oven Fries
Seasonal Fruit
Skim and 1% Milk

Wednesday

Spring Gardener's Pie **4**
Cottage Cheese
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

Thursday

Falafel Nuggets **5**
Sweet Potato Hummus
Pita Bread & Couscous Pilaf
Fresh Vegetable Medley
Seasonal Fruit
Skim and 1% Milk

Friday

Fun Food Friday! **6**
Homemade Pizza
Fresh Green Salad
Cottage Cheese
Seasonal Fruit
Skim and 1% Milk

Spaghetti with "Meatballs" **9**
Spring Green Beans
Fresh Garden Salad
Seasonal Fruit
Skim and 1% Milk

Breakfast for Lunch **10**
Apple French Toast Bake
Berry Banana Smoothies
Fresh Salad
Seasonal Fruit
Skim and 1% Milk

"Chicken Tenders" **11**
Whole Wheat Roll, Mashed Potatoes
Buttery Spring Peas
Seasonal Fruit
Skim and 1% Milk

Lentils of the Southwest **12**
Homemade Cornbread
Cottage Cheese
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

Noon Dismissal **13**
No Lunch Today



Spring Break! Have a wonderful week!



Haystacks **23**
with all the fixings!
Southwestern Beans
Fresh Veggie Medley
Seasonal Fruit
Skim and 1% Milk

Vegetable Stir Fry **24**
Crispy Tofu & Brown Rice
Gingered Cabbage Salad
Seasonal Fruit
Skim and 1% Milk

Ratatouille & Pasta **25**
Italian white beans
Cheese sticks & Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

Parent Teacher Conferences **26**

Baked Potatoes **27**
Chili, Cheese, Sour Cream
Banana Muffins
Fresh Veggie Medley
Seasonal Fruit
Skim and 1% Milk

No School Today **30**



April SHOWERS
BRING May
FLOWERS



Menu subject to change given availability of some food items.

We need volunteers! If you'd like to earn volunteer hours, please come help with school lunch. We need you!

Parents, please let us know of any food allergies your child may have!

Please submit an income application if you'd like to be considered for free or reduced priced lunches. This institution is an equal opportunity provider.