



LAUREL OAKS CAREER CAMPUS

Cafeteria Menu

BREAKFAST

\$1.25

**Entree (includes grain)
Fruit and/or (1) Fruit Juice
Milk**
(Low-Fat 1% or Fat Free Chocolate)

Breakfast is served every day from 7:30-8:20am.

*Daily offerings include: Cereal bars, bagels,
Pop Tarts, donuts, cereal bowls and
multiple hot entrees.*

Fruit, juice and/or milk are also available.

LUNCH

\$3.00

**Entree (includes grain)
(2) Fruit
(2) Vegetables
Milk**
(Low Fat or Fat Free Chocolate)

November 2023

		1 Chili Cheese Fries Side Salad Mixed Veggies	2 Chicken Tenders w/Dinner Roll Cheesy Mashed Potatoes Green Beans	3 <i>No School Fall Break</i>
6 Chicken Alfredo Garlic Breadstick Roasted Brussel Sprouts Glazed Carrots	7 Nachos Grande Cheese & Salsa Corn Salsa Black Beans	8 Fried Rice w/Eggroll Steamed Broccoli & Cauliflower	9 Spicy Chicken Tenders Pretzel Rods Steak Fries Side Salad	10 Baked Potato Bar Bowl of Chili w/Breadstick Buttered Peas
13 Chicken Parmesan Sandwich Glazed Carrots Parsley Potatoes	14 Beef Soft Taco Salsa & Cheese Corn Salsa Refried Beans	15 Steak Hoagie w/Marinara & Provolone Buttered Corn Side Salad	16 Chicken & Noodles w/Cornbread Mashed Potatoes Green Beans Apple Crisp	17 Chef's Choice
20 General TSO Chicken w/Brown Rice Oriental Vegetables	21 Queso Dip & Chips w/Pulled Pork Corn Black Beans	22 <i>No School Conferences</i>	23 <i>No School</i>	24 <i>No School</i>
27 Chef's Choice	28 Chicken Fajitas Corn Salsa Grilled Onions and Peppers	29 Brunch for Lunch Sausage & Eggs Hash Brown Biscuit & Gravy Hot Cinn Apples	30 Popcorn Chicken Bowl w/Mashed Potatoes, Corn & Cheese Dinner Roll	

Apply online today for Free or Reduced Meals!

Visit our website at:

<http://www.greatoaks.com/about/food-service>

A variety of fruits and vegetables are offered daily on our Fresh Bar and serving lines.

Romaine salad mix, cucumbers, cherry tomatoes, celery, carrots, peppers,
apples, oranges, craisins, and applesauce just to name a few!

*Be sure and visit our Ala Carte Snack Bar available after lunch meals are served,
where all items are Smart Snack compliant!*

Entrees Available Daily:

- Pizza - Meat & Cheese
- Hot & Cold Sandwiches
- Grab 'N Go Options
- Charcuterie Boxes
- Large Entree Salads
- Vegetarian Options