

May 2017

Oasis Preparatory Academy Healthy Café



Monday	Tuesday	Wednesday	Thursday	Friday
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Included FREE in Every Meal: *Garden Fresh Salad Bar * Fresh Fruit Choice *Low-Fat Milk

*** Crisp Romaine Lettuce * Crunchy Organic Baby Carrots * Delightful Cherry Tomatoes * Hearty Beans * Snow Peas * Snap Peas * Refreshing Crisp Cucumbers * Organic Spinach * Green Peppers * Kale * Broccoli * Cauliflower * Seasonal Produce * Tofu * Quinoa * Organic Apples * Pears * Bananas * Plums**

We also cheerfully make our Daily Entrée without meat as a vegetarian meal, no additional fee!

Healthy, Calcium Rich, Non-Dairy Refreshments may be purchased for your enjoyment a la Carte.

Almond or Soy Milk is available free to students' with a medical note. Vegan options are noted by V.

1 MEATLESS MONDAY Baked Ziti Steamed Broccoli Café Bread	2 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	3 Baked Potato (V) Sweet Potato (V) Turkey Chili Corn Bread or Whole Grain Cracker	4 Teriyaki Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots	5 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
8 MEATLESS MONDAY Red Beans Organic Brown Rice Steamed Carrots	9 BBQ Chicken BBQ Tofu (V) Whole Grain Bun Steamed Green Beans	10 Rotini Pasta with Turkey or Veggie (V) Ragu Steamed Broccoli Café Bread	11 Turkey Taco or Bean Burrito(V) Lettuce and Cheese Steamed Corn	12 Assorted Flavors of Whole Grain Pizza Steamed Mixed Veggies
15 MEATLESS MONDAY Cuban Black Beans Organic Brown Rice Steamed Carrots	16 Roasted Tomato Soup (V) Toasted Cheese Sandwich	17 Roasted Chicken Thigh Roasted Tofu (V) Potato Medley Café Bread	18 Mahi Mahi Taco Veggie Taco Lettuce and Cheese Steamed Corn	19 Assorted Flavors of Whole Grain Pizza Steamed Broccoli
22 MEATLESS MONDAY Baked Ziti Steamed Broccoli Café Bread	23 Chicken Tinga Black Bean Tinga (V) Whole Grain Corn Chips Steamed Corn	24 Baked Potato (V) Sweet Potato (V) Turkey Chili Corn Bread or Whole Grain Cracker	25 Teriyaki Pulled Pork Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots	26 Assorted Flavors of Whole Grain Pizza Steamed Green Beans
29 <i>Memorial Day No School</i>	30 Grass Fed Burgers Whole Grain Bun Lettuce and Tomato Steamed Green Beans	31 Teriyaki Chicken Teriyaki Tofu (V) Organic Brown Rice Steamed Carrots		

Daily Breakfast Menu

Whole Grain Bagel Half with Sun butter or Cheddar Cheese Greek Yogurt	Whole Grain English Muffin Turkey Sausage	Farm Fresh Scrambled Eggs Whole Grain Toast Orange Juice	Whole Grain Oatmeal Turkey Sausage Roasted Potato Medley	Assorted Whole Grain Cereal Fresh Baked Muffin Cheese Stick
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Items Available for A la Carte (extra) Purchase

Spring Water \$1.00 8 oz.

Free and Reduced prices are for students who qualify for either a free or a price-reduced meal according to the Federal National School Lunch Program. "The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (800) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication 1400 Independence Avenue, SW Washington, DC 20250-9410, by fax (800) 690-7442 or email at program.intake@usda.gov USDA is an equal opportunity provider and employer. **Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). Menu is subject to change due to availability.