

September 2022

Nourishing the heart and future of the Ojai community with healthy school meals made from whole, local and organic ingredients.

Ojai, California



ELEMENTARY SNACK & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.				
LUNCH w2			Lentil Chili over Rice (Veg, VG, GF)	Vegetable Chow Mein Noodles
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free & Organic Bagels, Bagel and Cream Cheese, Cinnamon Bun plus Fresh Seasonal Fruit & Milk.				
LUNCH w3	NO SCHOOL			
	Chicken Tenders + Tater Tots & BBQ Sauce	Turkey Empanadas	Orange Chicken + Blanched Broccoli & Rice	NAE Corn Dog
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free & Organic Bagels, Bagel and Cream Cheese, Cinnamon Bun plus Fresh Seasonal Fruit & Milk.				
LUNCH w4	Mac & Cheese	Veggie Chow Mein Noodles + Egg Roll (Veg)	Crunchy Beef Tacos Made w/ Watkins Ranch Ground Beef	Chicken Teriyaki & Veggies w/ Rice
				BBQ Pulled Pork Sandwich
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free & Organic Donuts (Various Flavors), Pancakes, Assorted Cereal plus Fresh Seasonal Fruit & Milk.				
LUNCH w1	Cheese Pizza	Vegan Chicken Tenders + Steamed Cauliflower + BBQ Sauce	Sunbutter & Jelly Sandwich + Sunchips	Taco Salad w/ Beans w/out cheese (Veg, VG)
				Organic Hamburger + Baked BBQ Chips
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.				
		26	27	28
LUNCH w2	NAE Chicken Meatball Sub	Spaghetti & Marinara Sauce	Vegan Chicken Tenders + Corn + BBQ Sauce	Chili Cheese Hot Dog <i>(Veggie Chili Available, if requested)</i>
				Bean Tachos (Tater Tot Nachos)
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.				
				30
SNACK DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.				
LUNCH w2				
COMPOSED GREEN SALAD & FRESH FRUIT SERVED DAILY: Chocolate Milk served Tuesday & Thursday at Lunch				

We are still experiencing supply chain disruptions.

Menus are subject to change without notice.

QUESTIONS:
Vanessa Zajfen
Director of Food & Nutrition Services
vanessa.zajfen@ojaisd.org

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AFTER SCHOOL SNACK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SNACK W2						2
SNACK W3	NO SCHOOL	Strawberries Strawberry Chex Mix	Sunchips Cucumber Coins	Annie's Organic Bunny Grahams Dried Fruit	Farmers Market Crackers Sunbutter Cup	9
SNACK W4	Goldfish Pretzels Cheese Stick	Honey Roasted Sunflower Seeds Carrot Sticks	Cheez Its Juice	Goldfish Vanilla Cracker Applesauce Cup	Yogurt Cup Strawberry Granola	16
SNACK W1	Annie's Organic Bunny Grahams Seasonal Fruit	Strawberry Chexs Strawberries	Goldfish Pretzels Cheddar Cheese Stick	Scooby Snacks Sunbutter Cup	State Capital Crackers Fresh Veggies	23
SNACK W2	Cheez Its Juice Box	Yogurt Cup Fruit	Soft Pretzel Cheddar Cheese Stick	NutriGrain Bar Fruit	Rice Crispy Treat Apple Slices	30
<p><i>All meals are served to all students at no cost regardless of family income or school of attendance!</i></p> <p><i>This institution is an equal opportunity provider.</i></p> <p>Key: Veg = Vegetarian, VG = Vegan or can be made vegan, NAE = Raised with no antibiotics ever, GF = Gluten free</p>						
<p>We are still experiencing supply chain disruptions.</p> <p>Menus are subject to change without notice.</p>						
<p>QUESTIONS: Vanessa Zajfen Director of Food & Nutrition Services vanessa.zajfen@ojaisd.org</p>						

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	SNACK	SNACK	SNACK	SNACK
<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>
LUNCH ^{w2}	LUNCH ^{w3}	LUNCH ^{w4}	LUNCH ^{w4}	LUNCH ^{w4}
<p>1. NAE Meatball Sandwich 2. Vegan Nuggets + BBQ Sauce 3. Cheese Pizza 4. Hummus Bento</p>	<p>NO SCHOOL</p> <p>Chefs Choice</p>	<p>1. Turkey Epanada 2. Vegan Nuggets + BBQ Sauce 3. Chicken Tenders 4. Caesar Salad</p>	<p>1. Orange Chicken & Rice 2. Steamed Veggies & Rice 3. Bean & Cheese Burrito 4. Chicken Tenders</p>	<p>1. Cheese Quesadilla 2. Vegan Bean Burger 3. Bean & Cheese Burrito 4. Salad</p>
5	6	7	8	9
SNACK	SNACK	SNACK	SNACK	SNACK
<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free & Organic Donuts (Various Flavors), Pancakes, Assorted Cereal plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel, Assorted Cereal, Yogurt plus Fresh Seasonal Fruit & Milk.</p>
LUNCH ^{w1}	LUNCH ^{w2}	LUNCH ^{w3}	LUNCH ^{w3}	LUNCH ^{w3}
<p>1. Cheese Pizza 2. Chicken Tenders + BBQ Sauce 3. Organic Hamburger 4. Green Salad</p>	<p>1. Veggie Enchilada 2. Nachos 3. Organic Hamburger 4. Green Salad</p>	<p>1. Pasta with Marinara 2. Vegan Bean Burger 3. Organic Hamburger 4. Green Salad</p>	<p>1. BBQ Pulled Pork Sandwich 2. Vegan Nuggets + BBQ Sauce 3. Organic Hamburger 4. Green Salad</p>	<p>1. Turkey Epanada 2. Cheese Quesadilla 3. Organic Hamburger 4. Green Salad</p>
26	27	28	29	30
SNACK	SNACK	SNACK	SNACK	SNACK
<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.</p>	<p>SERVED DAILY: Choice of Assorted SunOven Bakery Vegan, Gluten Free Bagel & Arlington Waffle (made with organic grains), Yogurt plus Fresh Seasonal Fruit & Milk.</p>
LUNCH ^{w2}	LUNCH ^{w2}	LUNCH ^{w2}	LUNCH ^{w2}	LUNCH ^{w2}
<p>1. NAE Meatball Sandwich 2. Vegan Nuggets + BBQ Sauce 3. Cheese Pizza 4. Hummus Bento</p>	<p>1. Watkins Beef Tacos 2. Vegan Bean Burger 3. Cheese Pizza 4. Hummus Bento</p>	<p>1. Mac & Cheese 2. Pasta w/ Olive Oil Drizzle & Cherry Tomatoes 3. Cheese Pizza 4. Hummus Bento</p>	<p>1. Chili Dog 2. Lentil Chili over Rice 3. Cheese Pizza 4. Hummus Bento</p>	<p>1. NAE Corn Dog 2. Bean Tachos 3. Cheese Pizza 4. Hummus Bento</p>
<p>Chocolate Milk served Tuesday & Thursday at Lunch</p> <p>SERVED DAILY</p> <p>A VARIETY OF FRESH FRUITS, VEGGIES & SALADS</p>				

Septiembre 2022

Nutriendo el corazón y el futuro de la comunidad de Ojai con comidas escolares saludables hechas de ingredientes enteros, locales y orgánicos.

Ojai, California

MENÚ DE ALMUERZO Y MERIENDA PARA LA ESCUELA SECUNDARIA Y SECUNDARIA

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
REFRIGERIO							1		2
SERVIDO DIARIAMENTE: Elección de Surtido SunOven Bakery Vegan, Bagel sin gluten y Waffle de Arlington (hecho con granos orgánicos), yogur más fruta fresca de temporada y leche.									
ALMUERZO W2									
5	6	7	8	9					
SERVIDO DIARIAMENTE: Elección de una variedad de bagels veganos, sin gluten y orgánicos, bagel y queso crema, bollo de la mañana más fruta fresca de temporada y leche de SunOven Bakery.									
REFRIGERIO	ALMUERZO W3	NO HAY CLASES		Elección de los chefs		1. Empanada de pavo 2. Nuggets Veganos + Salsa BBQ 3. Tiras de pollo 4. Ensalada César	1. Pollo a la naranja y arroz 2. Verduras al vapor y arroz 3. Burrito de Frijoles y Queso 4. Tiras de pollo	1. Quesadilla de Queso 2. Hamburguesa vegana de frijoles 3. Burrito de Frijoles y Queso 4. Ensalada	
REFRIGERIO	REFRIGERIO	12	13	14	15	16	17	18	19
SERVIDO DIARIAMENTE: Elección de una variedad de SunOven Bakery Vegan, bagel sin gluten, cereales variados, yogur, además de frutas frescas de temporada y leche.									
ALMUERZO W4	1. Tiras de Pollo + Salsa BBQ 2. Nuggets Veganos + Salsa BBQ 3. Chow Mein vegetariano + rollo de huevo 4. Ensalada De Pastas	1. Empanada de pavo 2. Perro de maíz NAE 3. Chow Mein vegetariano + rollo de huevo 4. Ensalada De Pastas	1. Tacos de carne Watkins 2. Hamburguesa vegana de frijoles 3. Chow Mein vegetariano + rollo de huevo 4. Ensalada De Pastas	1. Teriyaki Chicken & Rice 2. Veggie Chow Mein + Egg Roll 3. Pasta Salad	1. Ensalada De Tacos 2. Sopa de verduras + palito de pan 3. Chow Mein vegetariano + rollo de huevo 4. Ensalada De Pastas Galleta				
REFRIGERIO	REFRIGERIO	19	20	21	22	23	24	25	26
SERVIDO DIARIAMENTE: Elección de una variedad de donas veganas, sin gluten y orgánicas (varios sabores), panqueques, cereales variados, además de frutas frescas de temporada y leche.									
ALMUERZO W1	1. Piza de queso 2. Tiras de Pollo + Salsa BBQ 3. Hamburguesa orgánica 4. Ensalada Verde	1. Enchilada de verduras 2. Noches 3. Hamburguesa orgánica 4. Ensalada Verde	1. Pasta con Marinara 2. Hamburguesa vegana de frijoles 3. Hamburguesa orgánica 4. Ensalada Verde	1. Sándwich de cerdo desmenuzado a la barbacoa 2. Nuggets Veganos + Salsa BBQ 3. Hamburguesa orgánica 4. Ensalada Verde	1. Empanada de pavo 2. Quesadilla de Queso 3. Hamburguesa orgánica 4. Ensalada Verde				
REFRIGERIO	REFRIGERIO	26	27	28	29	30	31		
SERVIDO DIARIAMENTE: Elección de Surtido SunOven Bakery Vegan, Bagel sin gluten y Waffle de Arlington (hecho con granos orgánicos), yogur más fruta fresca de temporada y leche.									
ALMUERZO W2	1. Sándwich de albóndigas NAE 2. Nuggets Veganos + Salsa BBQ 3. PIZZA DE QUESO 4. Hummus bento	1. Tacos de carne Watkins 2. Hamburguesa vegana de frijoles 3. Piza de queso 4. Hummus bento	1. Macarrones con queso 2. Pasta con aceite de oliva y tomates cherry 3. Piza de queso 4. Hummus bento	1. Perro picante 2. Chile de lentejas sobre arroz 3. Piza de queso 4. Hummus bento	1. Perro de maíz NAE 2. Tacos De Frijoles 3. Piza de queso 4. Hummus bento				

<p>UNA VARIEDAD DE FRUTAS FRESCAS, VERDURAS Y ENSALADAS</p> <p>SERVICIO DIARIAMENTE</p> <p>Leche con chocolate servida martes y jueves en el almuerzo</p>	<p>Esta institución es un proveedor de igualdad de oportunidades.</p> <p>Clave: Veg = Vegetariano, VG = Vegano o se puede hacer vegano, NAE = Criado sin antibióticos nunca, GF = Sin gluten</p>	<p>!Todas las comidas se sirven a todos los estudiantes sin costo alguno, independientemente del ingreso familiar o la escuela a la que asistan!</p>
<p>Todavía estamos experimentando interrupciones en la cadena de suministro. Los menús están sujetos a cambios sin previo aviso.</p> <p>REGUNTAS: vanesa.zajfen Directora de Servicios de Alimentos y Nutrición vanesa.zajfen@jaisud.org</p>		