



AVESON FOOD SERVICES

# FEBRUARY 2019

Odyssey Charter School  
K-8th

Menus due by Friday, January 25<sup>th</sup> (along with payment of cash or check: made to OCS) or may be placed online @ <https://aveson.school lunchchoice.com>  
Contact Melissa Herrera at melissah@ocsmail.org if you have any questions.

Monday

Tuesday

Wednesday

Thursday

Friday



4  
Pancakes w/  
Turkey Sausage  
Or  
Pancakes w/  
Veggie Sausage

5  
Enchilada Cheese  
Pie

6  
BBQ Chicken &  
Brown Rice  
Or  
BBQ Soy Chicken &  
Brown Rice

7  
Cheeseburger Melt  
Or  
Soyrizo Cheese Melt

1  
BBQ Chicken Pizza  
Or  
Cheese Pizza

11  
English Muffin w/  
Turkey Sausage  
Or  
English Muffin w/  
Veggie Sausage

12  
Bean & Cheese  
Burrito

13  
Spaghetti & Meatballs  
Or  
Spaghetti Marinara

14  
Turkey Dog  
Or  
Veggie Dog

15  
Chicken Nuggets  
Or  
Veggie Nuggets

No School



18  
Breakfast Tostada

19  
Sesame Noodles w/  
Veggie Egg Roll

20  
Chicken Patty Burger  
Or  
Veggie Patty Burger

21  
Sausage Pizza  
Or  
Cheese Pizza

22  
Chicken Sausage &  
Waffles  
Or  
Veggie Sausage &  
Waffles

23  
Chicken Fajitas  
Or  
Soy Chicken Fajitas

24  
Teriyaki Chicken &  
Brown Rice  
Or  
Teriyaki Soy Chicken &  
Brown Rice

25  
Ham & Cheese Melt  
Or  
Veggie Cheese Melt

For Office Use Only

Cash: \_\_\_\_\_  
Check: \_\_\_\_\_  
Amount: \_\_\_\_\_  
Date: \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

\$4.50 K-4<sup>th</sup>/\$5 5<sup>th</sup>-8<sup>th</sup>/ \$0.40 reduced

*All meals are nut free!*

*Each meal is served with a salad bar containing local, seasonal fruits, vegetables.*

*This is an equal opportunity*

