


Menu: November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Order Deadline: Thursdays at 11:59pm for the following weeks meals.			1 ○ Chicken Parmesan w/ Pasta √/VG Crusted Tempeh w/ Pasta	2 ○ DIY Pizza √/VG DIY Vegan Soy Curl Pizza
5 ○ Chicken Congee √/VG Tofu Congee	6 ○ Turkey Tamale Pie √/VG Tamale Pie	7 ○ Fried Egg Sandwich √/VG Tempeh Bacon Sandwich	8 ○ Lemon Parmesan Crusted Salmon √/VG Lemon Crusted Tofu	9 ○ "Fried" Chicken √/VG "Fried" Veggie Chick'n
12 ○ Honey Garlic Chicken Stir-Fry √/VG Pineapple Garlic Soy Curl Stir-Fry	13 ○ Ground Turkey Empanadas √/VG Black Bean & Corn Empanadas	 14 ○ Turkey w/ Gravy √/VG Tofu w/ Gravy	15 ○ Mediterranean Frittata √/VG Mediterranean Tofu Scramble	16 ○ Baked Chicken Sandwich √/VG Baked Tempeh Sandwich
19 20 No Lunch Service		 21 22 No Lunch Service		23 No Lunch Service
26 ○ Teriyaki Chicken Bahn Mi Burger √/VG Teriyaki Tofu Bahn Mi Burger	27 ○ Fish Tacos √/VG Jackfruit Tacos	28 ○ Chicken Po Boy √/VG Tofu Po Boy	29 ○ Turkey Bacon Spaghetti Carbonara √/VG Tempeh Bacon Spaghetti Carbonara	30 ○ Turkey Pepperoni Pizza Muffins √/VG Cheese Pizza Muffins

O: Omnivore V: Vegetarian (lacto-ovo) VG: Vegan Option Always Available

*Menu subject to change.

Daily Lunch Options

- All daily lunch options include the following, with daily variation:
- ✔ TWO vegetable servings: one raw, one cooked
 - ✔ ONE fruit serving: usually raw

Dietary Preferences

- 🍎 100% **Gluten Free** menu
- 🍎 100% **Nut Free** menu
- 🍎 **Dairy Free** choices daily
- 🍎 **Local Sources** anywhere possible
- 🍎 Sustainable, **Compostable** packaging

Picky Eater Options

- 🧀 Mon - Rice Balls (2)
- 🧀 Tue - Cheese Quesadilla
- 🧀 Wed - Mac & Cheese
- 🧀 Thu - Pasta w/Butter
- 🧀 Fri - Grilled Cheese

Allergies & Intolerances

Your child's health is our top priority. Please contact us to discuss or request alteration options for you child's meals.

Contact Info

Please contact us first!

- 📞 (503)898-0102
- ✉ Steph@refueledlifestyle.com
- ✉ Dakota@refueledlifestyle.com

Additional Info

For more information about the Refueled Kids lunch program or to see the full menu, including all options, create an account at our website above (no credit card required at sign up), login, then click/tap "Program Information" under the menu options. Additionally, we are always available via phone or email.

ORDER ONLINE

RefueledKids.boonli.com

Registration Password: