

The Bay School October Menu 2021

*Daily offerings include homemade chicken soup, seasonal salad, organic seasonal fruit, and dairy.
We source with care, with a focus on local and sustainable offerings as available.*

October 4 - 8

- M:** Corn Quesadillas with Black Beans and Rice
- T:** Niman Ranch or Veggie Burgers with Sweet Potato Fries and Kale Salad
- W:** Teriyaki Chicken or Tofu Rice Bowl with Broccoli and Jicama Carrot Apple Slaw
- Th:** Mac and Cheese with Arugula Salad and Rainbow Carrots
- F:** Seasonal Wrap with Soup and Potato Wedges

October 11 - 15

- M:** Grilled Cheese Sandwiches with Crudité and Tomato Basil Soup
- T:** Chicken or Vegetable Coconut Curry with Rice and Kale Salad
- W:** Penne Bolognese or Marinara with Mixed Green Salad and Seasonal Vegetables
- Th:** Chicken or Avocado Caesar Salad with Seasonal Vegetables and Bread & Cheese
- F:** Niman Ranch Beef & Bean or Bean & Cheese Tacos with Rice and Seasonal Vegetables

October 18 - 22

M -F: No School

October 25 - 29

- M:** All Beef Hot Dogs or Veggie Dogs with Oven Baked Fries and Broccoli
- T:** Five-Spice Chicken or Tofu Rice Noodle Bowl with Seasonal Vegetables
- W:** Whole Wheat Quesadillas with Smoky Pinto Beans and Cilantro-Lime Rice
- Th:** Pasta Bar with Marinara Sauce, Pesto Cream Sauce, Roasted Vegetables, and Bread
- F:** Niman Ranch Meatloaf or Veggie Loaf with Housemade Sauce and Seasonal Vegetables