

## Bay August/September Real School Lunch

Daily offerings include: entrée, seasonal sides, housemade soups, full salad bar, organic fruit, and beverages. We source with care, with a focus on local, organic, and sustainable ingredients, as available. All meats are antibiotic and hormone-free.

### August 25 – 26

**Th:** **First Day of School!** Housemade Pizza with Seasonal Vegetables and Spinach Salad  
**F:** Sweet Chili-Lime Chicken or Hodo Tofu with Broccoli and Rice

### August 29 – September 2

**M:** Baked Pasta with Roasted Tomatoes, Basil, and Cheese and Italian Romaine Salad  
**T:** Taco Salad with Local Brown Rice  
**W:** Chicken Tenders or Breaded Tofu & Cauliflower with Housemade Dipping Sauces  
**Th:** Mac & Cheese with Organic Seasonal Vegetables  
**F:** Roast Beef Melts with Soup and Salad

### September 5 - 9

**M:** No School  
**T:** Whole Wheat Quesadillas with Smoky Pinto Beans, and Housemade Salsa  
**W:** Penne Pasta with Marinara Sauce and Seasonal Vegetables  
**Th:** Niman Ranch Burgers or Veggie Burgers with Tri Color Coleslaw and Potato Wedges  
**F:** Chicken or Vegetable Coconut Curry with Basmati Rice and Kale Salad

### September 12 - 16

**M:** Grilled Cheese Sandwiches with Tomato Basil Soup  
**T:** San Francisco Garlic Noodles with Ginger Glazed Vegetables  
**W:** Beef & Bean Taco Bar with Local Brown Rice and Housemade Salsas  
**Th:** Baked Potato Bar with Bacon, Cheddar, and Veggie Chili  
**F:** Chicken and Rice Bake with Roasted Vegetables

### September 19 - 23

**M:** Zoe's All Beef Hot Dogs or Veggie Dogs with Oven Baked Fries  
**T:** Chicken or Avocado Caesar Salad with Roasted Vegetables and Bread & Cheese  
**W:** Stir Fry with Seasonal Vegetables and Local Brown Rice  
**Th:** Spaghetti with Smoky Bacon Sauce or Marinara and Roasted Vegetables  
**F:** Bean & Cheese Burritos with Citrus Cabbage Salad

### September 26 - 30

**M:** Pepperoni or Cheese Pizza with Organic Spinach Salad  
**T:** Beef or Veggie Enchiladas with Local Brown Rice and Carrot & Lime Slaw  
**W:** Seasonal Vegetable Linguini with Italian Romaine Salad  
**Th:** Oven-Fried Chicken or Hodo Tofu with Mashed Potatoes and Sautéed Greens  
**F:** Chef's Choice Sandwich with Soup and Salad

*\*We know lunch is important; we think it's the most important meal of the day! While we make every effort to stick to the published menu, items are subject to change without notice pending school schedule and availability of perishable and seasonal items. Thank you and enjoy your lunch!*