

## Bay April 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.*

### April 3 – 7

- M:** Zoe's Sausages or Field Roast Veggie Frankfurters with Seasoned Sweet Potato Wedges and Organic Broccoli
- T:** Garam Masala Springer Mountain Farms Chicken or Curried Cauliflower & Chickpeas with Coconut Rice
- W:** Niman Ranch Beef Stew with Egg Noodles and Chicory & Citrus Salad
- Th:** Whole Wheat Quesadillas with Smoky Pinto Beans and Cilantro-Lime Rice
- F:** Creamy Pesto Pasta with Springer Mountain Farms Chicken, Roasted Vegetables, and Panorama Rustic Bread

### April 10 – 14

- M-F:** No School – Spring Break

### April 17 – 21

- M:** Zoe's Pepperoni Pizza and White Asparagus Pizza with Seasonal Vegetables and Organic Spinach Salad
- T:** Five-Spice Creekstone Farms Beef or Local Hodo Tofu Rice Noodle Bowl with Roasted Seasonal Organic Vegetables
- W:** Springer Mountain Farms Chicken or Avocado Caesar Salad with Roasted Red Potatoes and Bread & Cheese
- Th:** Baked Pasta with Roasted Tomatoes, Basil, and Cheese and Italian Romaine Salad –
- F:** Springer Mountain Farms Chicken Tenders or Breaded Local Hodo Tofu & Cauliflower with Housemade Dipping Sauces

### April 24 – 28

- M:** Zoe's Cheesesteaks with Dill Coleslaw and Chips
- T:** Vande Rose Pulled Pork Taco Salad with Local Brown Rice
- W:** Mac and Cheese with English Peas and Organic Seasonal Vegetables
- Th:** Sweet Chili-Lime Springer Mountain Farms Chicken or Local Hodo Tofu with Organic Broccoli and Rice
- F:** Spaghetti with Meatballs in Marinara, Romaine Salad, Roasted Vegetables, and Garlic Bread

*\*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!*