

## The Bay School February Menu 2022

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

### January 31 – February 4

- M:** No School
- T:** No School
- W:** No School
- TH:** Niman Ranch Pulled Pork or Jackfruit Taco Salad with Brown Rice
- F:** Seasonal Sandwich Day with Chips and Dessert

### February 7 – 11

- M:** Whole Wheat Quesadillas with Smoky Pinto Beans, Slaw, and Housemade Salsa
- T:** Roasted Chicken or Veggie Patties with Seasonal Sauce and Sautéed Greens
- W:** Penne Pasta with Marinara Sauce and Seasonal Vegetables
- TH:** Niman Ranch Burger or Veggie Burgers with Tri Color Coleslaw & Potato Wedges
- F:** Chicken or Vegetable Coconut Curry with Basmati Rice and Kale Salad

### February 14 – 18

- M:** Grilled Cheese Sandwiches with Seasonal Vegetables and Tomato Basil Soup
- T:** Garlic Noodles with Ginger Glazed Vegetables
- W:** Bean & Cheese Burritos with Citrus Cabbage Slaw and Rice
- TH:** Cheddar Baked Potato Bar with Toppings and Veggie Chili
- F:** Chicken and Rice with Roasted Vegetables

### February 21 – 25

- M:** No School – President's Day
- T:** Chicken or Avocado Caesar Salad with Roasted Vegetables and Bread & Cheese
- W:** Niman Ranch Beef or Vegetable Stir Fry with Rice
- Th:** Spaghetti with Smoky Bacon Sauce or Marinara and Seasonal Vegetables
- F:** Sausages with Potato Chips and Seasonal Vegetables