

Bay October 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.

October 3-7

- M:** Corn Quesadillas with Black Beans and Salsa Fresca
- T:** Niman Ranch Burgers or Veggie Burgers with Sweet Potatoes Wedges and Kale Salad
- W:** Teriyaki Chicken or Tofu Rice Bowl with Carrot Apple Slaw
- Th:** Mac and Cheese with Arugula Salad and Roasted Rainbow Carrots
- F:** Seasonal Sandwich Wrap with Herbed Potato Wedges

October 10 – 14

- M:** Grilled Cheese Sandwiches with Crudit , Dip, and Tomato Basil Soup
- T:** Chicken or Vegetable Coconut Curry with Basmati Rice and Kale Salad
- W:** Penne Bolognese or Marinara with Mixed Greens Salad and Seasonal Vegetables
- Th:** Breakfast for Lunch Day!
- F:** Build-Your-Own Salad with Soup and Cheesy Garlic Bread

October 17 - 21

- M:** Housemade Cheese Pizza with Seasonal Vegetables and Salad
- T:** Fried Rice with Honey Ginger Glazed Vegetables
- W:** No Classes
- T:** No Classes
- F:** No Classes

October 24 - 28

- M:** Zoe's All Beef Hot Dogs or Veggie Dogs with Sweet Potato Wedges and Broccoli
- T:** Garam Masala Chicken or Curried Cauliflower & Chickpeas with Coconut Rice
- W:** Beef Stew with Rustic Bread and Chicory & Citrus Salad
- Th:** Whole Wheat Quesadillas with Smoky Pinto Beans and Cilantro-Lime Rice
- F:** Pesto Pasta with Roasted Vegetables and Panorama Rustic 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!*