

Bay November 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 31 – November 4

- M:** Cheesesteaks with Dill Coleslaw and Chips
- T:** No Classes
- W:** Chef's Choice Salad Day with Soup and Bread
- Th:** Baked Pasta with Roasted Tomatoes, Basil, and Cheese and Italian Romaine Salad
- F:** Chicken Tenders or Breaded Tofu & Cauliflower with Housemade Dipping Sauces

November 7 - 11

- M:** Housemade Pizza with Seasonal Vegetables and Spinach Salad
- T:** Sweet Chili-Lime Chicken or Hodo Tofu with Broccoli and Rice
- W:** Mac and Cheese with Organic Seasonal Vegetables
- TH:** Taco Salad with Local Brown Rice
- F:** Chef's Choice Sandwich with Soup and Salad

November 14 - 18

- M:** Whole Wheat Quesadillas with Smoky Pinto Beans, and Housemade Salsa
- T:** Penne Pasta with Marinara Sauce and Seasonal Vegetables
- W:** Chicken or Vegetable Coconut Curry with Basmati Rice and Kale Salad
- TH:** 🍂🍁🌿 Fall Harvest Feast 🌿🍁🍂
- F:** Niman Ranch Hamburgers or Veggie Burgers with Tri Color Coleslaw and

November 21 - 25

- M - F:** No Classes

November 28 – December 2

- 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