

## The Bay School

### January 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 3 - 7

- M:** No School
- T:** No School
- W:** No School
- Th:** Penne Bolognese or Marinara with Mixed Green Salad and Seasonal Vegetables
- F:** Chicken or Avocado Caesar Salad with Seasonal Vegetables and Cheesy Bread

#### January 10 - 14

- M:** Housemade Pizza with Organic Seasonal Vegetables and Seasonal Salad
- T:** Dry Rub BBQ Chicken or Tofu with Sautéed Greens and Cornbread
- W:** Veggie Fried Rice with Honey Ginger Glazed Vegetables and Soup
- T:** Pasta Bake with Seasonal Vegetables and Mixed Green Salad
- F:** Niman Ranch Beef & Bean or Bean & Cheese Tacos with Rice and Seasonal Vegetables

#### January 17 - 21

- M:** No School
- T:** All Beef Hot Dogs or Veggie Dogs with Oven Baked Fries and Broccoli
- W:** Five-Spice Chicken or Tofu Rice Noodle Bowl with Seasonal Vegetables
- Th:** Whole Wheat Quesadillas with Smoky Pinto Beans and Cilantro-Lime Rice
- F:** Pasta Bar with Marinara Sauce, Pesto Cream Sauce, Roasted Vegetables, and Bread

#### January 24 - 28

- M:** Chef's Choice Soup and Salad Day with Bread
- T:** Cheesesteaks with Creamy Dill Coleslaw and Chips
- W:** Chicken Tenders or Breaded Tofu & Cauliflower with Golden Mashed Potatoes and Greens
- Th:** No School
- F:** No School