

February 2012 Lunch Menu

La Luna on-the-go and LCS are committed to providing our children with healthy lunches rich in plant based foods. Most entrees have vegetables cooked inside which add flavor and nutrition. Fruit and vegetables are organic when available, seasonal, pesticide free and local. A salad bar is available at both campuses every Tuesday and a taco bar once per month. The ingredients on the salad bar are seasonal from the Larchmont farmers market. HARVEST OF THE MONTH features a seasonal fruit or vegetable and is served once or more each week. Chicken nuggets are breaded and baked in our school kitchen, beef hot dogs and sausage are from Trader Joe's. All meat and milk is antibiotic and hormone free. A vegetarian option is available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese pizza, fruit & vegetables	2 A. Chicken nuggets, fruit & vegetables B. Veggie sandwich	3 A. Cheese burger, fruit & vegetables B. Veggie burger
6 A. Macaroni & cheese fruit & vegetables B. Plain pasta	7 A. Bean & cheese burrito, fruit & vegetables B. Salad Bar	8 A. Beef taco bar, fruit & vegetables B. Veggie taco bar	9 Cheese pizza, fruit & vegetables	10 A. Beef hot dog, fruit & vegetables B. Veggie dog, fruit & vegetables
13 French toast, turkey maple sausage, potatoes & fruit	14 A. Scratch made chocolate pasta, pink sauce with chicken, fruit & vegetables B. Plain pasta	15 A. Tuna croissant, fruit & vegetables B. Salad Bar	16 Cheese pizza, fruit & vegetables	17 A. Farfalle marinara with turkey meatballs, fruit & vegetables B. Plain pasta
20 SCHOOL CLOSED	21 A. Cheese quesadilla, fruit & vegetables B. Salad Bar	22 A. Penne marinara with chicken, fruit & vegetables B. Plain pasta	23 A. Chicken noodle soup, fruit & vegetables B. Vegetable soup	24 Cheese pizza, fruit & vegetables
27 A. Rigatoni beef ragu, fruit & vegetables B. Plain rigatoni	28 A. Turkey bacon, cheese, lettuce & tomato sandwich, fruit & vegetables B. Salad Bar	29 A. Teriyaki chicken, steamed rice, fruit & vegetables B. Veggie sandwich	HARVEST OF THE MONTH Broccoli	

"This institution is an equal opportunity provider".