

January 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
2 SCHOOL CLOSED	3 A. Cheese quesadilla, fruit & vegetables B. Salad Bar	4 A. Penne with beef ragu, fruit & vegetables B. Plain pasta	5 Cheese pizza, fruit & vegetables	6 A. Beef hot dog, fruit & vegetables B. Veggie dog
9 A. Penne marinara with chicken, fruit & vegetables B. Plain pasta	10 A. Tuna croissant, fruit & vegetables B. Salad Bar	11 A. Chicken noodle soup, focaccia bread, fruit & vegetables B. Vegetable soup	12 Cheese pizza, fruit & vegetables	13 A. *Green eggs & ham with cheese pocket, fruit & vegetables B. Egg & cheese pocket, fruit & vegetables
16 SCHOOL CLOSED	17 A. Turkey, cheese, lettuce & tomato sandwich, fruit & vegetables B. Salad Bar	18 A. Macaroni & cheese, fruit vegetables B. Plain pasta	19 French toast, apple chicken sausage, fruit & vegetables	20 Cheese pizza, fruit & vegetables
23 A. Fusilli with turkey ragu, fruit & vegetables B. Plain pasta	24 A. Turkey bacon, lettuce & tomato, fruit & vegetables B. Salad Bar	25 Cheese pizza, fruit & vegetables	26 Teriyaki chicken, rice, fruit & vegetables	27 A. Farfalle with turkey meatballs, fruit & vegetables B. Plain pasta
30 A. Scratch made egg pasta with pink sauce, fruit & vegetables B. Plain pasta	31 A. Roast beef with cheese, lettuce & tomato, fruit & vegetables B. Salad Bar	HARVEST OF THE MONTH Winter Citrus		

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