

November 2011 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
HARVEST OF THE MONTH-persimmons	1 A. Turkey, cheese, lettuce & tomato sandwich, fruit & vegetables B. Salad Bar	2 Cheese pizza, fruit & vegetables	3 A. *Green eggs & ham pocket, fruit & vegetables B. Egg & cheese pocket	4 A. Farfalle marinara with turkey meatballs, fruit & vegetables B. Plain pasta
7 A. Fusilli beef ragu, fruit & vegetables B. Plain pasta	8 A. Bean & cheese burrito, fruit & vegetables B. Salad Bar	9 A. Chicken noodle soup, focaccia bread, fruit & vegetables B. Vegetable soup	10 Cheese pizza, fruit & vegetables	11 SCHOOL CLOSED
14 A. SCHOOL CLOSED	15 A. Tuna croissant, fruit & vegetables B. Salad Bar	16 A. Rigatoni pink sauce, fruit & vegetables B. Plain pasta	17 French toast, chicken apple sausage, potatoes & fruit	18 Cheese pizza, fruit & vegetables
21 A. Penne marinara with chicken, fruit & vegetables B. Plain pasta	22 A. Cheese quesadilla, fruit & vegetables B. Salad Bar	23 Teriyaki chicken, rice, fruit & vegetables	24 SCHOOL CLOSED	25 SCHOOL CLOSED
28 A Macaroni & cheese, fruit & vegetables B. Plain pasta	29 A. Chicken, hummus, lettuce, tomato pita pocket, fruit & vegetables B. Salad Bar	30 Cheese pizza, fruit & vegetables		*veggie eggs with turkey bacon in a pita pocket