

October 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
3 A. Rigatoni pink sauce with chicken, fruit & vegetables B. Plain pasta	4 A. Grilled cheese with turkey, fruit & vegetables B. Salad Bar	5 A. BBQ chicken, mashed potatoes, fruit & vegetables B. BBQ veggie sandwich	6 Cheese pizza, fruit & vegetables	7 A. Cheese burger, fruit & vegetables B. Veggie burger
10 A. Macaroni & cheese, fruit & vegetables B. Plain pasta	11 A. Bean & cheese burrito, fruit & vegetables B. Salad Bar	12 A. Chicken noodle soup, fruit & vegetables B. Vegetable soup	13 Cheese pizza, fruit & vegetables	14 A. Farfalle marinara with turkey meatballs, fruit & vegetables B. Plain pasta
17 A. Fusilli turkey ragu, fruit & vegetables B. Plain pasta	18 A. Chicken quesadilla, fruit & vegetables B. Salad Bar	19 French toast, turkey maple sausage, fruit & potatoes	20 Cheese pizza, fruit & vegetables	21 A Chicken nuggets, focaccia bread, fruit & vegetables B. Veggie sandwich
24 A. Penne marinara with chicken, fruit & vegetables B. Plain pasta	25 A. Roast beef sandwich with lettuce & tomato, fruit & vegetables B. Salad Bar	26. Beef taco bar, fruit & vegetables B. Veggie taco bar	27 Cheese pizza, fruit & vegetables	28 A. Beef hot dog, fruit & vegetables B. Veggie dog
31 A Black & white strozza with pink sauce, fruit & vegetables B. Plain pasta		HARVEST OF THE MONTH -pomegranates & winter squash. Pomegranates may be from our school tree or farmers market.		

