

September 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-TOMATOES	1 SCHOOL CLOSED	2 SCHOOL CLOSED
5 SCHOOL CLOSED	6 SCHOOL CLOSED	7 A. Farfalle pink sauce with chicken, fruit & vegetables B. Plain pasta	8 Cheese pizza, fruit & vegetables	9 A. Teriyaki chicken, fruit & vegetables B. Veggie burger
12 A. Macaroni & cheese, fruit & vegetables B. Plain pasta	13 A. Roast beef sandwich, fruit & vegetables B. Salad Bar	14 A. Chicken Taco Bar, fruit & vegetables	15 Cheese pizza, fruit & vegetables	16 A. Beef hot dog, fruit & vegetables B. Veggie dog
19 A. Fusilli beef ragu, fruit & vegetables B. Plain pasta	20 A. Tuna croissant, fruit & vegetables B. Salad Bar	21 A. Meat pizza, fruit & vegetables** B. Veggie pizza	22 Cheese pizza, fruit & vegetables	23 Green eggs & ham pocket with cheese, fruit & vegetables*
26 A. Penne marinara with chicken, fruit & vegetables B. Plain pasta	27 A. Turkey bacon, lettuce & tomato, fruit & vegetables B. Salad Bar	28 A. Chicken pita with hummus, lettuce & tomato, fruit & vegetables B. Hummus, cheese, lettuce & tomato pita	29 SCHOOL CLOSED	30 French toast, maple chicken sausage, fruit & potatoes

*Green eggs & ham-veggie eggs, turkey bacon and cheese. **Meat pizza-layer of veggie ground beef topped with mozzarella cheese.