

### *January 2020 Lunch Menu*

La Luna on-the-go and LCS are committed to providing our children with healthy lunches rich in plant based foods. All entrees are whole grain or whole grain enriched. Many dishes are cooked with vegetables to add flavor and nutrition. Fruit and vegetables are organic when available, seasonal, pesticide free and local. A salad bar is available once each week. The ingredients on the salad bar are seasonal from the Larchmont farmers market. Chicken nuggets are breaded and baked in our school kitchen. Beef hot dogs and sausage are nitrate and hormone free. All meat and milk is antibiotic and hormone free. A vegetarian option is available daily.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		1 SCHOOL CLOSED	2 SCHOOL CLOSED	3 SCHOOL CLOSED
6 A. Fusilli pink sauce with chicken, fruit & vegetables B. Fusilli marinara with a side of beans	7 A. Teriyaki chicken, rice, fruit & vegetables B. Teritofu	8 A. Cheese quesadilla, fruit & vegetables B. Salad bar	9 Cheese or pepperoni pizza, fruit & vegetables	10 A. Chicken & cheese enchilada, fruit & vegetables B. Cheese enchilada
13 A. Macaroni & cheese, fruit & vegetables B. Plain macaroni with a side of beans	14 A. Beef hot dog, fruit & vegetables B. Tofu dog	15 SCHOOL CLOSED	16 Cheese or pepperoni pizza, fruit & vegetables	17 A. Chicken noodle soup, focaccia, fruit & vegetables B. Veggie soup
20 SCHOOL CLOSED	21 A. Fusilli marinara with chicken, fruit & vegetables B. Fusilli marinara with a side of beans	22 A. Cheese & bean burrito fruit & vegetables B. Salad Bar	23 Cheese or pepperoni pizza, fruit & vegetables	24 A. Beef burger, roasted potatoes & fruit B. Veggie burger
27 A. Penne turkey ragu & cream, fruit & vegetables B. Penne marinara with a side of beans	28 A. Breaded chicken sandwich, fruit & vegetables B. Breaded veggie patty	29 A. Grilled cheese sandwich, fruit & vegetables B. Salad bar	30 Cheese or pepperoni pizza, fruit & vegetables	31 French toast, scrambled eggs, potatoes & fruit

“This institution is an equal opportunity provider.”