



The Village School

# Lunch Menu

October 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lunch includes:</b> Fresh Fruit Salad Bar Organic Milk – 1% or Skim	<b>Lunch prices:</b> Free and Reduced: \$0.00 K – 8: \$3.50 Non-student: \$5.00			1	2	3
				Sandwiches - Cheese, Hummus or PBJ	Baked Potato Bar Quinoa  GF	
4	5	6	7	8	9	10
	Potato Gratin Quinoa  GF	Brown Rice and Pinto Bean Bowl with Yumm Sauce  GF	Quesadillas Black Beans	Sandwiches - Cheese, Hummus or PBJ	<b>No School</b>	
11	12	13	14	15	16	17
	Miso Noodle Bowl with Tofu Roasted Potatoes	Brown Rice and Black Bean Bowl with Yumm Sauce  GF	Spaghetti with Homemade Marinara and Parmesan	Sandwiches - Cheese, Hummus or PBJ	Dragon Bowl  GF	
18	19	20	21	22	23	24
	Pad Thai with Tofu and Seasonal Vegetables  GF	Brown Rice and Pinto Bean Bowl with Yumm Sauce  GF	<b>No School</b>	Sandwiches - Cheese, Hummus or PBJ	Stacked Enchiladas  GF	
25	26	27	28	29	30	31
	Mac and Cheese	Brown Rice and Black Bean Bowl with Yumm Sauce  GF	Soft Tacos – Bean and Cheese  GF	Sandwiches - Cheese, Hummus or PBJ	<b>No School</b>	

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