



The Village School

LUNCH MENU

October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch includes: Fresh Fruit Salad Bar Organic Milk – 1% or Skim			1 Soft Tacos – Beef or Bean GF	2 Sushi Bowl GF	3 Sandwich Bar Cheese, Hummus or PBJ	4
	5	6 Mac and Cheese	7 Black Bean and Brown Rice Bowl with Yumm! Sauce GF	8 Quesadilla – Smoked Salmon or Plain	9 Sandwich Bar – Cheese, Hummus or PBJ	10 NO SCHOOL
12	13 Stacked Enchiladas GF	14 Pinto Bean and Brown Rice Bowl with Yumm! Sauce GF	15 Spaghetti – Meatballs or Parmesan	16 Sandwich Bar – Cheese, Hummus or PBJ	17 Baked Potato Bar Quinoa GF	18
19	20 NO SCHOOL	21 Black Bean and Brown Rice Bowl with Yumm! Sauce GF	22 Stromboli – Pepperoni, Pesto or Plain Cheese	23 Sandwich Bar – Cheese, Hummus or PBJ	24 Dragon Bowl GF	25
26	27 Potato Gratin Quinoa GF	28 Pinto Bean and Brown Rice Bowl with Yumm! Sauce GF	29 Soft Tacos – Beef or Bean GF	30 Sandwich Bar – Cheese, Hummus or PBJ	31 NO SCHOOL	Lunch price: Reduced: \$0.40 K – 8: \$3.40 Non-student: \$5.00

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