



The Village School

LUNCH MENU

September 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch includes: Fresh Fruit Salad Bar Organic Milk – 1% or Skim		1	2	3	4	5
	6	7	8	9	10	11
		First Day of School (½ Day) Early release - no lunch	Quesadillas with Black Beans	Sandwich Bar – Cheese, Hummus or PBJ	Sushi Bowl – Brown Rice, Toasted Nori and Baked Tofu	12
13	14	15	16	17	18	19
	Miso Noodle Bowl with Tofu Roasted Potatoes	Brown Rice and Black Bean Bowl with Yumm Sauce GF	Spaghetti with Homemade Marinara and Parmesan	Sandwich Bar – Cheese, Hummus or PBJ	Dragon Bowl – Quinoa and Red Beans GF	
20	21	22	23	24	25	26
	Pad Thai with Tofu and Seasonal Vegetables GF	Brown Rice and Pinto Bean Bowl with Yumm Sauce GF	Stromboli - Pesto or Plain	Sandwich Bar – Cheese, Hummus or PBJ	Stacked Enchiladas – Beans, Cheese and Seasonal Vegetables GF	
27	28	29	30			Lunch prices: Free for all free and reduced price meal qualifying families. K – 8: \$3.50 Non-student: \$5.00
	Mac and Cheese	Brown Rice and Black Bean Bowl with Yumm Sauce GF	Soft Tacos - Bean and Cheese GF		GF = Gluten Free Meal	

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