



AUGUST & SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST	27	28	29	30
	Mac and Cheese with or without Bacon Seasonal Vegetable	Tacos Pulled Turkey or Bean & Cheese Pico de Gallo Refried Beans Seasonal Vegetable	Hot Dogs All Beef or Veggie Dogs Potato Salad Seasonal Vegetable	Pizza Pepperoni or Cheese Kale Caesar Salad Seasonal Vegetable
02	03	04	05	06
Labor Day HOLIDAY	Pasta Bolognese or Marinara Seasonal Vegetable	From the Grill Chicken or Tofu Garlic Bread Seasonal Vegetable	Sandwich Bacon-Lettuce-Tomato or Avocado-Lettuce-Tomato Seasonal Vegetable	Teriyaki Chicken or Tofu Steamed Rice Seasonal Vegetable
09	10	11	12	13
Pasta Creamy Garlic Chicken or Marinara Seasonal Vegetable	Sub Sandwich Turkey Meatball or Lentil Patty Seasonal Vegetable	Fried Rice Roasted Pork or Vegetarian Seasonal Vegetable	Quesadilla Cheese or Chicken Refried Beans Seasonal Vegetable	Burgers Beef or Black Bean Cheese, Lettuce, Tomatoes Roasted Potatoes Seasonal Vegetable
16	17	18	19	20
BBQ Chicken Wings or Tofu Pasta Salad Seasonal Vegetable	Burritos Carne Asada or Bean & Cheese Seasonal Vegetable	Open-face Sandwich Chicken or Pesto Seasonal Vegetable	Baked Potato Chili Turkey or Vegetarian Cheddar, Sour Cream, Green Onion Seasonal Vegetable	Chow Mein Garlic Beef or Vegetarian Garlic Broccoli
23	24	25	26	27
Lasagna Italian Sausage or Cheese Seasonal Vegetable	Enchiladas Turkey or Veggie Refried Beans Seasonal Vegetable	Oven Baked Tenders Chicken or Tofu Pasta Seasonal Vegetable	Grilled Sandwich Ham & Cheese or Cheese Seasonal Vegetable	Coconut Curry Chicken or Tofu Jasmine Rice Seasonal Vegetable

Available daily:

Organic Yogurt, Organic Seasonal Fresh Fruit; Chicken Soup and Vegetarian Soup;
Salad Bar with Seasonal Organic Veggies, Seeds, Legumes, Tofu and House-made Chicken Salad, or Tuna Salad
Daily Sandwich with Zoe's Turkey or Ham, and Organic Sprouted Whole Wheat Bread

*Our ingredients are sourced from organic, local, and sustainable producers whenever possible.
 Proteins are mainly sourced from Marin Sun Farms, Zoe's Meats, Mary's Chickens, and Dairy from Clover & Strauss*
Vegetarian option is always available; Gluten-Free and Dairy-Free available through advance request