



NOVEMBER LUNCH MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
04	05	06	07	08
Pasta Bolognese or Marinara Seasonal Vegetable	Teriyaki Chicken or Tofu Steamed Rice Seasonal Vegetable	Tostadas Beef or Bean & Cheese Fresh Salsa Refried Beans Seasonal Vegetable	Hot Dogs Beef or Veggie Roasted Potatoes Seasonal Vegetable	Open-face Sandwich Chicken Pesto or Pesto Seasonal Vegetable
11	12	13	14	15
Mac and Cheese with or without Bacon Seasonal Vegetable	Burritos Beef or Bean & Cheese Seasonal Vegetable	Coconut-Basil Chicken or Tofu Jasmine Rice Seasonal Vegetable	Pizza Pepperoni or Cheese Kale Caesar Seasonal Vegetable	Burgers Beef or Black Bean Patty Roasted Potato Wedges Seasonal Vegetable
18	19	20	21	22
Stroganoff Beef or Vegetarian Pasta Seasonal Vegetable	Grilled Ham & Cheese or Grilled Cheese Sandwich Seasonal Vegetable	Enchiladas Chicken or Vegetarian Black beans Seasonal Vegetable	Roasted Turkey or Tofu Scalloped Potatoes Cranberry Sauce Roasted Carrots	-Early Dismissal- No Lunch Service
25	26	27	28	29
	HAPPY	THANKS	GIVING	

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