



JANUARY LUNCH MENU

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|--|--|--|--|
| 06 | 07 | 08 | 09 | 10 |
| Pasta Bolognese or Marinara Seasonal Vegetable | Teriyaki Chicken or Tofu Steamed Rice Seasonal Vegetable | Sandwich Pulled Turkey or Lentil Cole Slaw Seasonal Vegetable | Mac & Cheese <i>optional</i> Crispy Bacon Seasonal Vegetable | Burrito Chicken or Vegetarian Refried Beans Seasonal Vegetable |
| 13 | 14 | 15 | 16 | 17 |
| Baked Potato Bar Chili, Cheddar, Sour Cream, Green Onion Seasonal Vegetable | Pasta Italian Sausage or Marinara Seasonal Vegetable | Coconut Basil Curry Chicken or Tofu Steamed Rice Seasonal Vegetable | Quesadilla Cheese or Chicken Beans Seasonal Vegetable | Hot Dogs Beef or Veggie Roasted Potatoes Seasonal vegetable |
| 20 | 21 | 22 | 23 | 24 |
| Martin Luther King Jr. Observation - No School - | Pasta Chicken Pesto or Pesto Seasonal Vegetable | Enchiladas Cheese or Turkey Refried Beans Seasonal Vegetable | Orange Chicken or Tofu Steamed Rice Seasonal Vegetable | Sandwich Vietnamese Bánh Mi Roasted Pork or Tofu Seasonal Vegetable |
| 27 | 28 | 29 | 30 | 31 |
| Pasta Alfredo Chicken or Mushroom Kale Citrus salad Seasonal Vegetable | Pibil (Mexican Slow Cooked) Turkey or Vegetarian Soft Corn Tortillas Black beans Seasonal Vegetable | Fried Rice Pork or Vegetarian Seasonal Vegetable | BBQ Chicken Wings or Tofu Roasted Potato Seasonal Vegetable | Sandwich Italian Meatball or Lentil 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