



## August & September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FoodLab serves:</b> - whole grains - fresh fruits & veggies daily - local, organic when possible - Swanton grass-fed beef - organic milk, eggs, chicken - daily vegetarian options	<b>Please prepay for meals!</b> <b>Student Meal Prices</b> Full Price \$3.60 Reduced \$0.40 Milk w/o Meal \$0.50 <b>Adult/Guest Meals</b> \$5.65	<b>Welcome Back to Pacific School!</b> <b>Open Classrooms 9-10am</b> <i>Prepay for meals and submit paperwork in the office today!</i>	<b>22</b> Bean & Cheese Burritos Seasonal Veggie Caesar Salad Seasonal Fruit Milk <b>9am Principal's Welcome</b>	<b>23</b> Bagels with Cream Cheese or Peanut Butter Hard Boiled Eggs Veggie Sticks Seasonal Fruit Milk
<b>26</b> Meatless Mondays Cheese Enchiladas Rice and Beans Garden Salad Seasonal Fruit Milk	<b>27</b> Asian Chicken or Veggie Salad WW Noodles Seasonal Fruit Milk	<b>28</b> Broccoli & Cheese Quiche French Bread Seasonal Fruit & Veggies Milk <b>Minimum Day</b>	<b>29</b> Black Bean Tostadas Ensalada de Repollo Homemade Salsa Seasonal Fruit & Veggies Milk	<b>30</b> <b>Violy's Adobo</b> Chicken or Veggie Rice Seasonal Fruit & Veggies Milk
<b>2</b> <b>No School</b> 	<b>3</b> Beef or Bean Tacos Rice and Beans Garden Salad Seasonal Fruit Milk <b>I.S. Begins</b>	<b>4</b> Grilled Cheese Tomato Soup Garden Salad Seasonal Fruit Milk <b>Minimum Day</b>	<b>5</b> Jerry's Arroz con Pollo (Rice & Chicken) or Tofu Seasonal Veggies Seasonal Fruit Milk <b>Picture Day</b>	<b>6</b> Clam or Corn Chowder Baked Beans WW Rolls Garden Salad Seasonal Fruit Milk
<b>9</b> Meatless Mondays Veggie Lasagna Focaccia Garden Salad Seasonal Fruit Milk	<b>10</b> Grilled Fish or Veggie Tostadas Ensalada de Repollo Beans & Rice Seasonal Fruit Milk <b>5:30 Parents' Club</b>	<b>11</b> Cheese Pizza w/ Marinara or Pesto Sauce Garden Salad Seasonal Fruit & Veggie Milk <b>Minimum Day</b> <b>Back to School Night</b>	<b>12</b> <b>Liana's Scrumdilyumtious</b> Chicken or Tofu Curry Rice Garden Salad Strawberries Milk <b>Drive For Schools Begins</b>	<b>13</b> Swanton Beef or Veggie Burgers Baked Fries Garden Salad Seasonal Fruit Milk
<b>16</b> Meatless Mondays Bean & Cheese Pupusas Rice and Beans Garden Salad Fruit Salad Milk	<b>17</b> Shepherd's Pie, Turkey or Veggie WW Roll Garden Salad Seasonal Fruit & Veggies Milk	<b>18</b> Veggie Fried Rice w/Eggs Sautéed Veggies Seasonal Fruit Milk <b>Minimum Day</b>	<b>19</b> Lemon Chicken or Tofu Pita Bread Cucumber & Feta Salad Seasonal Fruit & Veggies Milk	<b>20</b> Spaghetti with Marinara Cheesy Bread Roasted Rosemary Garbanzos Garden Salad Seasonal Fruit Milk
<b>23</b> Meatless Mondays <b>First Day of Fall</b> WW Pasta with Roasted Squash Garden Salad Seasonal Fruit Milk	<b>24</b> Chicken or Tofu Teriyaki Rice Seasonal Fruit & Veggies Milk	<b>25</b> Veggie Chili Cornbread Seasonal Fruit & Veggies Milk <b>Minimum Day</b>	<b>26</b> Carnitas or Bean Tacos Beans Fresh Salsa Garden Salad Seasonal Fruit Milk	<b>27</b> Macaroni and Cheese Garden Salad Seasonal Fruit & Veggies Milk <b>Farm to Table is Tomorrow!</b>
<b>30</b> Meatless Mondays <b>Breakfast for Lunch</b> WW Pancakes Scrambled Eggs Seasonal Fruit & Veggie Milk	<b>1</b> <b>Rosh Hashanah</b> Roast Chicken or Tofu Challah Roasted Carrots Apples Milk	<b>2</b> Bean & Cheese Burritos Caesar Salad Seasonal Fruit & Veggies Milk <b>Minimum Day</b>	<b>3</b> Quesadillas Posole Seasonal Fruit & Veggies Milk	<b>4</b> Pad Thai Noodles with Chicken or Tofu Seasonal Fruit & Veggies Milk

Pacific School is an equal opportunity provider.