

The Village School

Lunch Menu

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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All lunches include: Milk, Salad Bar and Seasonal Fruit						Most ingredients are organic and locally sourced.
2	3	4	5	6	7	8
	Millet and Red Bean Bowl with Dragon Sauce and other toppings	Burritos – Beef, Beans and Cheese	Pizza – Cheese and Seasonal Vegetables	Tomato Soup Grilled Cheese Sandwiches	No School	
9	10	11	12	13	14	15
	Brown Rice and Black Bean Bowl with Yumm Sauce and other toppings	Pad Thai – Chicken or Vegetable	Pizza – Cheese and Seasonal Vegetables	Three Bean Chile Cornbread	Wraps – Chicken, Cheese or Hummus Applesauce made by 3 rd Grade	
16	17	18	19	20	21	22
	Millet and Red Bean Bowl with Dragon Sauce and other toppings	Burritos – Beef, Beans and Cheese	Pizza – Cheese and Seasonal Vegetables	Chicken or Vegetable Coconut Soup Brown Rice	No School	
23	24	25	26	27	28	29
	Brown Rice and Black Bean Bowl with Yumm Sauce and other toppings	Lasagne – Beef or Vegetable	Pizza – Cheese and Seasonal Vegetables	Minestrone Quinoa	Wraps – Chicken, Cheese or Hummus Halloween Treat	Lunch Prices: Free - \$0.00 Reduced - \$0.40 K – 5 - \$3.25
30	31					
Vegan and Vegetarian Options Daily	No School					6 – 7 - \$3.50 Adult - \$5.00

The Village School is an equal opportunity provider.