

June 2016 Lunch Menu

La Luna on-the-go and LCS are committed to providing our children with healthy lunches rich in plant based foods. All entrees are whole grain or whole grain enriched. Many dishes are cooked with vegetables to add flavor and nutrition. Fruit and vegetables are organic when available, seasonal, pesticide free and local. A salad bar is available once each week. The ingredients on the salad bar are seasonal from the Larchmont farmers market. Chicken nuggets are breaded and baked in our school kitchen, beef hot dogs and sausage are nitrate and hormone free. All meat and milk is antibiotic and hormone free. A vegetarian option is available daily. *Risotto w/beef meat sauce, flattened in a pan, topped w/mozzarella, baked until crispy & cut into squares.

Monday	Tuesday	Wednesday	Thursday	Friday
30 SCHOOL CLOSED	31 A. Penne beef ragu, fruit & vegetables B. Plain penne with side of beans	1 A. Tuna sandwich, fruit & vegetables B. Salad Bar	2 Cheese or pepperoni pizza, fruit & vegetables	3 Minestrone soup, focaccia bread, fruit & vegetables
6 A. Macaroni & cheese, fruit & vegetables B. Plain macaroni with side of beans	7 A. Teriyaki chicken, brown rice, fruit & vegetables B. Grilled cheese sandwich	8 A. *Risotto pizza topped with beef meat sauce & mozzarella, fruit & vegetables B. Salad Bar	9 Cheese or pepperoni pizza, fruit & vegetables	10 Chicken and cheese quesadilla, fruit & vegetables B. Cheese quesadilla
13 A. Home-made pasta pink sauce with chicken, fruit & vegetables B. Plain home-made pasta with side of beans	14 A. Beef hot dog, fruit & vegetables B. Veggie hot dog	15 A. Grilled ham & cheese sandwich, fruit & vegetables B. Salad Bar	16 Cheese or pepperoni pizza, fruit & vegetables	17 SCHOOL CLOSED
20 SCHOOL CLOSED	21 SCHOOL CLOSED	22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED
27 SCHOOL CLOSED	28 SCHOOL CLOSED	29 SCHOOL CLOSED	30 SCHOOL CLOSED	

"This institution is an equal opportunity provider".