




September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>Chinese fried rice w/ tofu and egg, salad with ginger dressing, and seasonal fruit</p>	<p>29</p> <p>Homemade pizza, caesar salad, seasonal fruit</p> 	<p>30</p> <p>SCHOOL CLOSED</p>	<p>31</p> <p>CAMPUS CLOSED Manzanita & Willowbrook Grade School closed: 8/28 to 9/1 Aliso closed 8/30-9/1</p>	<p>1</p>
<p>4</p> <p>SCHOOL CLOSED</p>	<p>5</p> <p>Nachos with black beans, guacamole, salsa, and seasonal fruit</p>	<p>6</p> <p>Sandwich bar with choice of hummus or egg salad, caprese salad (tomatoes, basil, fresh mozzarella, balsamic vinegar), and seasonal fruit</p>	<p>7</p> <p>Veggie tacos, spanish rice, cabbage salad, seasonal fruit</p>	<p>8</p> <p>Vegan pasta with fresh herbs, chard, parmesan on the side, salad with cucumbers, and seasonal fruit</p>
<p>11</p> <p>Chinese fried rice w/ tofu and egg, salad with ginger dressing, and seasonal fruit</p>	<p>12</p> <p>TRY IT TUESDAY! Tandoori chicken or chickpeas, rice, seasonal fruit.</p>	<p>13</p> <p>Vegan Pesto Pasta, parmesan on the side, green salad, and seasonal fruit</p>	<p>14</p> <p>Tostadas, guacamole, mixed cabbage salad, salsa, seasonal fruit</p>	<p>15</p> <p>Sandwich bar with choice of hummus or tuna, romaine lettuce salad with fresh local tomatoes, seasonal fruit</p>
<p>18</p> <p>Orichette pasta with local zucchini and herbs, butter lettuce salad with local cucumbers and yogurt dressing, seasonal fruit</p>	<p>19</p> <p>Baked Potato Bar, turkey bacon, etc., green salad, and seasonal fruit</p>	<p>20</p> <p>Tuscan white bean soup with kale, brioche rolls, salad, seasonal fruit</p>	<p>21</p> <p>Veggie / cheese quesadillas, mixed green salad with fresh local peppers, seasonal fruit</p> 	<p>22</p> <p>Thai veggie curry, coconut rice, local cucumbers and yogurt, seasonal fruit</p>
<p>25</p> <p>Tomato Soup with orzo, grilled cheese sandwiches, salad, and seasonal fruit</p>	<p>26</p> <p>TRY IT TUESDAY! Tandoori chicken or chickpeas, rice, seasonal fruit.</p>	<p>27</p> <p>Black beans, Spanish rice, guacamole, salsa, seasonal fruit</p>	<p>28</p> <p>Homemade pizza, caesar salad, seasonal fruit</p> 	<p>29</p> <p>Spanish-style omelette with potatoes, roasted veggies, seasonal fruit</p>



The main dish contains dairy! Dairy may be a component of the meal (in the salad dressing, in the salad, or on the side for children to add to their main course), as indicated.