



LUNCH

OCTOBER 2018

La Honda – Pescadero Unified School District

Lunch Menu: Made with fresh, local organic food from scratch. El Menu de la Cocina de LHPUSD. Todo hecho en casa con ingredientes fresco. Organico y locales. Frutas y leche con cada almuerzo. Fruit & milk served at each meal

Monday

Black Bean & Cheese **1**
Cobweb
QUESADILLA
With Vegetables
Y Verduras

No School
For K-12
Preschool Classes
Only
No Hay Escuela
Solo PreK

LeftCoast Grassfed
Beef
NACHOS
VO Homemade Salsa
Veggies
Nachos de carne, frijol con salsa

No School
For PreK – 12
No Hay Escuela
para todos

VO Build you own **29**
Graveyard
SANDWICH
Turkey or Ham, Veggies
Pollo y Jamon Verduras

Tuesday

TACO Tuesday **2**
Chicken Tacos
Lime Cilantro Slaw
Tacos de pollo lime y repollo

TACO Tuesday **9**
Beef Tacos
Homemade Salsa & Veggies
Salsa casera, verduras

Terrifying TACO **16**
Tuesday Pork Tacos
Lime Cilantro Slaw
Tacos de cerdo lime y repollo

Hocus Pocus **23**
HOT DOGS
Sweet Potato Fries
Papas fritas de comote

Markegard Family Grass-Fed
Beef & Bean **30**
TOSTADAS
Homemade Salsa Veggies
Tostadas de carne, frijol con salsa casera, verduras

Wednesday

PASTA **3**
Primavera
Salad Bar
Pasta con verduras Buffet de Ensalada

MAC O'Lantern **10**
&
CHEESE
Salad Bar
Buffet de Ensalada

Baked Rigatoni **17**
PASTA
Salad Bar
Buffet de Ensalada

Pesto PASTA **24**
Salad Bar
Pasta con pesto Buffet de Ensalada

Spooky Spaghetti **31**
with *Mummy Meatballs*
Marinara Sauce
Salad Bar
Buffet de Ensalada

Thursday

Local Farms
TOMATO SOUP **4**
Grilled Spiders Sandwich


Chicken **11**
TORTILLA SOUP
Coleslaw
Ensalada de repollo

Chicken Skeleton **18**
STIR FRY
Rice Bowl
Pollo arroz y verduras

Big Bad Bean & **25**
Bats **BURRITO**
V Veggies
Burrito de queso y frijoles Verduras

Friday

Hawaiian Style **5**
PIZZA
Salad Bar
Pizza de jamon Buffet de Ensalada

Pepperoni **12**
PIZZA
Salad Bar
Buffet de Ensalada

Creepy-Crawly **19**
Cheezy PIZZA
Salad Bar
Pizza de queso Buffet de Ensalada

Pepperoni **26**
PIZZA
Salad Bar
Buffet de Ensalada

Vegetarian Options PB & J (Sunbutter) or Cheese Sandwich always available upon request PB & J (Sunbutter) o queso sandwich siempre disponible a peticion

V = Vegetarian Meal VO = Vegetarian Option A la Carte: Entrée items \$1.50 A la Carte must accompany a regular lunch order Para una Entrada Extra \$1.50

La "Entrada Extra" tiene que acompañar un orden de almuerzo
La Honda-Pescadero is an equal opportunity provider

