community ROOTS
REAL FOOD. REAL GROWTH.

MENU

Lunch

NOVEMBER

2 Penne Pasta[WG] with Marinara Sauce with Salad and Cucumber V	3 Bean and Cheese Tamales with Lettuce and Olives V	4 General Tso Dumplings with Vegetable Fried Rice, Tomatoes and Peppers	5 Pizza with Salad & Cucumber V	6 Shredded Chicken Sandwich with Bean & Corn Salad and Carrots
9 Baked Potato with Salad and Cucumber V	10 Bean and Cheese Tacos with Lettuce & Tomatoes V	11 No School	12 Pizza with Salad & Cucumber V	13 Hot Dog with Wedge Potatoes and Celery
16 Penne Pasta[WG] with Marinara Sauce with Salad and Cucumber V	17 Bean and Cheese Nachos with Lettuce and Olives V	18 Mary's BBQ Chicken Drumstick with Mashed Potatoes, a Roll[WG] & Broccoli	19 Pizza with Salad & Cucumber V	20 Chicken Sandwich with Wedge Potatoes & Broccoli
23 Baked Potato with Salad and Cucumber V	24 Bean and Cheese Tacos with Lettuce & Tomatoes V	25 Chicken Nuggets[WG] with Potato Wedges, Carrots & Broccoli	26 No School	27
30 Penne Pasta[WG] with Marinara Sauce with Salad and Cucumber V				

All meals served with Clover Sonoma RBST-free 1% or fat free milk.

Menu may vary based on availability.

Community Roots Vision: Nourishing Nevada County students with fresh, locally sourced meals, fostering health, sustainability, and community well-being.

www.communityrootsnc.org

Salad Bar is available everyday with:

- Romaine lettuce
- Cherry tomatoes
- Cucumbers
- Baby carrots
- Broccoli
- Celery
- Fruit

…and more!

DF = Dairy Free
LS = Locally Sourced
WG = Whole Grain

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This institution is an equal opportunity provider.