

MENU

Lunch

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OCTOBER
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		1 Beef Soft Tacos	2 Breaded Chicken Sandwich ^{WG} on a Truckee Sourdough Bun ^{LS, WG} with Wedge Potatoes	3 Pepperoni or Cheese Pizza ^{WG}
6 Chicken Nuggets ^{WG} with Hummus	7 French Toast ^{WG} and Sausage	8 Pulled Pork Sandwich on a Truckee Sourdough Bun ^{LS, WG} & Wedge Potatoes	9 Richards Regenerative Burger ^{LS} on a Truckee Sourdough Bun ^{LS, WG} & BBQ Beans	10 Pepperoni or Cheese Pizza ^{WG}
13 Richards Regenerative Hot Dog ^{LS, DF} on a Truckee Sourdough bun ^{LS, WG} & Wedge Poatoes	14 Orange Chicken ^{DF} and Vegetable Fried Rice	15 Beef Soft Tacos	16 Breaded Chicken Sandwich ^{WG} on a Truckee Sourdough Bun ^{LS, WG} with Wedge Potatoes	17 Pepperoni or Cheese Pizza ^{WG}
20 Fall Break	21 Fall Break	22 Fall Break	23 Fall Break	24 Fall Break
27 Richards Regenerative Hot Dog ^{LS, DF} on a Truckee Sourdough bun ^{LS, WG} & Wedge Poatoes	28 French Toast ^{WG} and Sausage	29 Beef Soft Tacos	30 Breaded Chicken Sandwich ^{WG} on a Truckee Sourdough Bun ^{LS, WG} with Wedge Potatoes	31 Pepperoni or Cheese Pizza ^{WG}

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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