

WASATCH WALDORF CHARTER SCHOOL LUNCH MENU AUGUST 21ST –SEPT 15TH 2017

Monday 8/21 early release	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25 early release
TURKEY SUBS on whole wheat hoagie buns served with fresh fruit and carrot sticks	MONSTER FRIES baked potato wedges with cheddar served with broccoli floretts and house made ranch dressing	MAMBO ITALIANO PASTA SALAD bowtie pasta tossed with fresh veggies and sunflower seed pesto topped with shredded mozzarella	FIESTA BOWL quinoa and zesty black beans on a bed of leafy greens topped with cheddar served with salsa	SUNBUTTER & JELLY SANDWICHES sunbutter and fruit preserves on whole wheat bread
Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1 early release
KID-FRIENDLY COCONUT CURRY coconut milk and chickpea curry over basmati rice	BEAN 'N' CHEESE BURRITO seasoned black and refried beans with cheddar in a whole wheat wrap	ASIAN VEGGIE BOWL lightly steamed veggies over brown rice with a tangy citrus dressing	SOUTHWESTERN MACARONI SALAD macaroni pasta and red beans tossed with cilantro ranch dressing	TURKEY SUBS sliced deli turkey and provolone on a hoagie bun with mayo and romaine
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8 early release
NO SCHOOL	TOMATO BASIL SOUP & GRILLED CHEESE soup from scratch with a melted cheddar sandwich on whole wheat bread	PINTO NACHO PLATE seasoned pinto and refried beans with cheddar and sour cream on yellow corn chips	PIZZA PASTA home made marinara, penne pasta and 5 cheese blend baked with spinach and fresh basil	SUNBUTTER & JELLY SANDWICHES sunbutter and fruit preserves on whole wheat bread
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15 early release
CHILI VERDE STEW a savory stew with corn, hominy, zucchini, pinto beans and tomatillos topped with cheddar served with chips	MONSTER FRIES baked potato wedges with cheddar served with broccoli floretts and house made ranch dressing	MAMBO ITALIANO PASTA SALAD bowtie pasta tossed with fresh veggies and sunflower seed pesto topped with shredded mozzarella	FIESTA BOWL quinoa and zesty black beans on a bed of leafy greens. topped with cheddar served with salsa	SUNBUTTER & JELLY SANDWICHES sunbutter and fruit preserves on whole wheat bread
Vegan and Gluten Free options available every day. Please notify kitchen of families dietary preferences.				
Student lunch \$2.85 Adult lunch \$4.00				
1% white cow milk or soy milk available every day				
each meal served with fresh or dried fruit				