

WASATCH WALDORF CHARTER SCHOOL LUNCH MENU DECEMBER 18TH–JANUARY 12TH					
	Monday 12/18	Tuesday 12/19	Wednesday 12/20	Thursday 12/21	Friday 12/22 early release
	COMFY NOODLE SOUP ^{Veg} home made veggie soup with noodles. Topped with cheese and served with baguette. V/gf option: soup with quinoa instead of noodles	MONSTER FRIES ^{veg/gf} baked potato wedges with cheddar served with broccoli, home made ranch and brown rice pudding v option: pumpkin seeds instead of cheddar	PETE'S CAMPFIRE CHILI ^{veg/gf} 3 bean chili veggie chili topped with cheddar and served with a cornbread muffin V option: pumpkin seeds instead of cheddar	RAINBOW ASIAN VEGGIE BOWL ^{V/Gf} lightly steamed veggies over brown rice with an Asian citrus dressing	TURKEY SUBS deli sliced turkey, mayo, provolone and romaine lettuce served on a whole wheat hoagie bun Gf option: gluten free bread V option: hummus instead of turkey and cheese
	Monday 12/25	Tuesday 12/26	Wednesday 12/27	Thursday 12/28	Friday 12/29
	WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS
	Monday 1/1	Tuesday 1/2	Wednesday 1/3	Thursday 1/4	Friday 1/5
	WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS
	Monday 1/8	Tuesday 1/9	Wednesday 1/10	Thursday 1/11 early release	Friday 1/12
	CHILI VERDE STEW ^{veg/gf} veggie stew with hominy, corn, zucchini and pinto beans. topped with cheddar served with chips V option: pumpkin seeds instead of cheddar	FIESTA BOWL ^{veg/gf} quinoa and seasoned blackbeans on a bed of leafy greens with cheddar and salsa V option: pumpkin seeds instead of cheddar	KID FRIENDLY COCONUT CURRY ^{v/gf} coconut and chickpea curry over basmati Rice	SUNBUTTER AND JELLY SANDWICHES ^V sunbutter and jelly on whole wheat bread Gf option: GF bread	NON-STUDENT DAY
	Vegan and Gluten Free options available every day. Please notify kitchen of families dietary preferences in advance				
	Key: Veg=vegetarian	Student lunch \$2.85	Adult lunch \$4.00		
	V=vegan	1% white cow milk or soy milk available every day			
	gf=gluten free	each meal served with fresh or dried fruit			
	This institution is an equal opportunity provider.				