

| 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. | | | | |