

WASATCH WALDORF CHARTER SCHOOL LUNCH MENU FEBRUARY 5TH-MARCH 2ND

Monday 2/5	Tuesday 2/6	Wednesday 2/7	Thursday 2/8	Friday 2/9 early release
<p>TOMATO BASIL SOUP & GRILLED CHEESE VEG</p> <p>homemade tomato soup and grilled cheese on wheat bread gf option: gluten free bread v option/garlic toast with hummus</p>	<p>FIESTA BOWL veg/Gf</p> <p>zesty black beans and quinoa over leafy greens topped with cheddar and served with salsa V option: pumpkin seeds/no cheese</p>	<p>BREAKFAST BURRITO</p> <p>scrambled eggs and potatoes with a hint of bacon in a whole wheat tortilla GF option; eggs and potatoes with chips and salsa vegan option: beans instead of eggs/no bacon</p>	<p>PINTO NACHO PLATE</p> <p>WITH SPANISH RICE veg</p> <p>seasoned beans on yellow corn chips with cheddar, salsa and sour cream. Served with spanish rice</p>	<p>BAGEL AND CREAM CHEESE veg</p> <p>whole grain bagel with cream cheese Gf option: gluten free bagel v option: Hummus instead of cream cheese</p>
Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	2/16 early release
<p>CHILI VERDE STEW Veg/gf</p> <p>veggie stew with hominy, corn, zucchini and pinto beans. Topped with cheddar and served with chips V option: pumpkin seeds instead of cheddar</p>	<p>MONSTER FRIES veg</p> <p>baked potato wedges with cheddar served with broccoli, homemade ranch and a muffin. V option; pumpkin seeds instead of cheddar GF option: brown rice pudding instead of muffin</p>	<p>PIZZA PASTA veg</p> <p>penne pasta with homemade marinara and 5 cheese blend V/Gf option: quinoa instead of pasta, no cheese</p>	<p>MEXICALI TACO BOAT Veg/gf</p> <p>seasoned red beans, fresh greens and cheese on sweet potato fries with salsa and chips</p>	<p>TURKEY SUBS</p> <p>deli sliced turkey, mayo, provolone and romaine lettuce served and a whole wheat hoagie bun Gf option: gf bread V option: hummus</p>
Monday 2/19	Tuesday 2/20	Wednesday 2/21	Thursday 2/22 EarlyRelease	Friday 2/23
<p>NO SCHOOL PRESIDENT'S DAY</p>	<p>COMFY NOODLE SOUP veg</p> <p>home made veggie soup with noodles. Topped with cheese and served with baguette. GF/v option: chips instead of bread, quinoa instead of noodles</p>	<p>SLOPPY JOE'S Veg</p> <p>veggie sloppy joe filling with swiss cheese served on a hamburger bun Gf option: gf bun v option: no swiss cheese</p>	<p>SUNBUTTER AND JELLY SANDWICHES V</p> <p>sunbutter fruit preserves on whole wheat bread gf option: gf bread</p>	<p>NO SCHOOL</p>
Monday 2/26	Tuesday 2/27	Wednesday 2/28	Thursday 3/1	Friday 3/2
<p>TOMATO BASIL SOUP & GRILLED CHEESE VEG</p> <p>homemade tomato soup and grilled cheese on wheat bread gf option: gluten free bread v option/garlic toast with hummus</p>	<p>FIESTA BOWL veg/Gf</p> <p>zesty black beans and quinoa over leafy greens topped with cheddar and served with salsa V option: pumpkin seeds/no cheese</p>	<p>BREAKFAST BURRITO</p> <p>scrambled eggs and potatoes with a hint of bacon in a whole wheat tortilla GF option; eggs and potatoes with chips and salsa vegan option: beans instead of eggs/no bacon</p>	<p>PINTO NACHO PLATE</p> <p>WITH SPANISH RICE veg</p> <p>seasoned beans on yellow corn chips with cheddar, salsa and sour cream. Served with spanish rice</p>	<p>BAGEL AND CREAM CHEESE veg</p> <p>whole grain bagel with cream cheese Gf option: gluten free bagel v option: Hummus instead of cream cheese</p>
<p>Vegan and Gluten Free options available every day. Please notify kitchen of families dietary preferences in advance</p>				
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			
<p>This institution is an equal opportunity provider.</p>				