

**WASATCH WALDORF CHARTER SCHOOL LUNCH MENU APRIL 30TH-JUNE 6TH**

	Monday 4/30	Tuesday 5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4 early release
	<b>COMFY NOODLE SOUP</b> <sup>veg</sup> home made veggie soup with noodles. Topped with cheese and served with baguette. GF/V option: chips instead of bread, quinoa instead of noodles	<b>FIESTA BOWL</b> <sup>veg/Gf</sup> zesty black beans and quinoa over leafy greens topped with cheddar and served with salsa V option: pumpkin seeds/no cheese	<b>TURKEY SUBS</b> deli sliced turkey, mayo, provolone and romaine lettuce sered and a whole wheat hoagie bun GF option: gf bread V option: hummus	<b>KID-FRIENDLY COCONUT CURRY</b> <sup>v/gf</sup> coconut milk and chickpea curry over basmati rice	<b>SUNBUTTER AND JELLY SANDWICHES</b> <sup>V</sup> sunbutter fruit preserves on whole wheat bread gf option: gf bread
	Monday 5/7	Tuesday 5/8	Wednesday 5/9	Thursday 5/10	5/11 early release
	<b>TOMATO BASIL SOUP &amp; GRILLED CHEESE</b> <sup>VEG</sup> homemade tomato soup and grilled cheese on wheat bread gf option: gluten free bread v option/garlic toast with hummus	<b>SLOPPY JOE'S</b> <sup>Veg</sup> veggie sloppy joe filling with swiss cheese served on a hamburger bun GF option: gf bun v option: no swiss cheese	<b>OATMEAL BOWL VEG/GF*</b> with fresh fruit, cinnamon and yogurt. <b>*oats may not be certified gf</b>	<b>7 LAYER DIP</b> <sup>Veg/Gf</sup> seasoned refried beans, cheese, sour cream, quacamole, olives and fresh veggies layered into a dip for chips Vegan option: no cheese or sour cream with seasoned quinoa	<b>BAGEL AND CREAM CHEESE</b> <sup>veg</sup> whole grain bagel with cream cheese GF option: gluten free bagel v option: Hummus instead of cream cheese
	Monday 5/14	Tuesday 5/15	Wednesday 5/16	Thursday 5/17	Friday 5/18 early release
	<b>BREAKFAST BURRITO</b> 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	<b>MONSTER FRIES</b> <sup>veg</sup> 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	<b>SOUTH WESTERN MACARONI SALAD</b> <sup>Veg</sup> macaroni pasta tossed with black beans, veggies, and cilantro sourcream dressing GF: quinoa instead of pasta Vegan: salsa instead of sourcream dressing	<b>SUN TACOS</b> <sup>veg/gf</sup> sunflower seed tacos in a hard yellow taco shell served with cheddar, lettuce and salsa vegan option: pumpkin seeds, no cheese	<b>SUNBUTTER AND JELLY SANDWICHES</b> <sup>V</sup> sunbutter fruit preserves on whole wheat bread gf option: gf bread
	Monday 5/21	Tuesday 5/22	Wednesday 5/23	Thursday 5/24	Friday 5/25 early release
	<b>PIZZA PASTA</b> <sup>veg</sup> penne pasta with homemade marinara and 5 cheese blend V/Gf option: quinoa instead of pasta, no cheese	<b>RAINBOW ASIAN VEGGIE BOWL</b> <sup>V/GF</sup> steamed veggies and tofu over brown rice and a citrus ginger dressing	<b>TURKEY SUBS</b> deli sliced turkey, mayo, provolone and romaine lettuce sered and a whole wheat hoagie bun GF option: gf bread V option: hummus	<b>BEAN 'N' RICE BURRITO</b> <sup>Veg</sup> seasoned beans and brown rice in a whole wheat tortilla with cheddar cheese V: burrito sans cheese GF option: beans with chips	<b>BAGEL AND CREAM CHEESE</b> <sup>veg</sup> whole grain bagel with cream cheese GF option: gluten free bagel v option: Hummus instead of cream cheese
	Monday 5/28	Tuesday 5/29	Wednesday 5/30	Thursday 5/31	6/1/2018 early release
	<b>NO SCHOOL MEMORIAL DAY</b>	<b>TOMATO BASIL SOUP &amp; GRILLED CHEESE</b> <sup>VEG</sup> homemade tomato soup and grilled cheese on wheat bread gf option: gluten free bread v option/garlic toast with hummus	<b>OATMEAL BOWL VEG/GF*</b> with fresh fruit, cinnamon and yogurt. <b>*oats may not be certified gf</b>	<b>7 LAYER DIP</b> <sup>Veg/Gf</sup> seasoned refried beans, cheese, sour cream, quacamole, olives and fresh veggies layered into a dip for chips Vegan option: no cheese or sour cream	<b>SUNBUTTER AND JELLY SANDWICHES</b> <sup>V</sup> sunbutter fruit preserves on whole wheat bread gf option: gf bread
	Monday 6/4	Tuesday 6/5	Wednesday 6/6 Last Day of School!		
	<b>BREAKFAST BURRITO</b> 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	<b>TURKEY SUBS</b> deli sliced turkey, mayo, provolone and romaine lettuce sered and a whole wheat hoagie bun GF option: gf bread V option: hummus	<b>BAGEL AND CREAM CHEESE</b> <sup>veg</sup> whole grain bagel with cream cheese GF option: gluten free bagel v option: Hummus instead of cream cheese		
<b>Vegan and Gluten Free options available every day. Please notify kitchen of families dietary preferences in advance</b>					
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.				