Wasatch Waldorf Charter School Lunch Menu April 30th–June 6th

Monday 4/30	Tuesday5/1	Wednesday 5/2	Thursday 5/3	Friday 5/4 early release
Comfy Noodle Soup veg home made veggie soup with noodles. Topped with cheese and served with baguette. GF/v option: chips instead of bread, quinoa instead of noodles	**Fiesta Bowl** veg/Gf zesty black beans and quinoa over leafy greens topped with cheddar and served with salsa V option: pumpkin seeds/no cheese	**Turkey Subs** deli sliced turkey, mayo, provolone and romaine lettuce sered and a whole wheat hoagie bun Gf option: gf bread V option: hummus	**kid–friendly coconut curry** v/gf coconut milk and chickpea curry over basmati rice	**Sunbutter and Jelly Sandwiches** V 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**
Tomato Basil soup & Grilled Cheese VEG homemade tomato soup and grilled cheese on wheat bread gf option: gluten free bread v option/garlic toast with hummus	**Sloppy Joe's** Veg veggie sloppy joe filling with swiss cheese served on a hamburger bun Gf option: gf bun v option: no swiss cheese	**Oatmeal Bowl Veg/gf*** with fresh fruit, cinnamon and yogurt. *oats may not be certified gf	**7 layer dip** Veg/Gf 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	**Bagel and Cream Cheese** veg 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**	**Thursday5/17**	**Friday5/18 early release**
breakfast Burrito 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	**Monster Fries** veg 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	**South Western Macaroni Salad** Veg macaroni pasta tossed with black beans, veggies, and cilantro sourcream dressing GF: quinoa instead of pasta Vegan: salsa instead of sourcream dressing	**Sun Tacos** veg/gf sunflower seed tacos in a hard yellow taco shell served with cheddar, lettuce and salsa vegan option: pumpkin seeds, no cheese	**Sunbutter and Jelly Sandwiches** V 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**
Pizza Pasta veg penne pasta with homemade marinara and 5 cheese blend V/Gf option: quinoa instead of pasta, no cheese	**Rainbow Asian Veggie Bowl** V/GF steamed veggies and tofu over brown rice and a citrus ginger dressing	**Turkey Subs** deli sliced turkey, mayo, provolone and romaine lettuce sered and a whole wheat hoagie bun Gf option: gf bread V option: hummus	**Bean 'n' Rice Burrito** Veg seasoned beans and brown rice in a whole wheat tortilla with cheddar cheese V: burrito sans cheese Gf option: beans with chips	**Bagel and Cream Cheese** veg 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 earlyrelease**
NO School Memorial Day	**Tomato Basil soup & Grilled Cheese** VEG homemade tomato soup and grilled cheese on wheat bread gf option: gluten free bread v option/garlic toast with hummus	**Oatmeal Bowl Veg/gf*** with fresh fruit, cinnamon and yogurt. *oats may not be certified gf	**7 layer dip** Veg/Gf seasoned refried beans, cheese, sour cream, quacamole, olives and fresh veggies layered into a dip for chips Vegan option: no cheese or sour cream	**Sunbutter and Jelly Sandwiches** V sunbutter fruit preserves on whole wheat bread gf option: gf bread
Monday 6/4	**Tuesday 6/5**	**Wednesday 6/6 Last Day of School!**		
breakfast Burrito 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	**Turkey Subs** deli sliced turkey, mayo, provolone and romaine lettuce sered and a whole wheat hoagie bun Gf option: gf bread V option: hummus	**Bagel and Cream Cheese** veg whole grain bagel with cream cheese Gf option: gluten free bagel v option: Hummus instead of cream cheese		

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.