



Local Food – Local People

**Syringa Mountain School
Lunch Program December 2016**

Thursday, December 1st

Vegetable Soup

with Beans, Corn, Peas, Onions, Garlic and Carrots with Sourdough Bread and Green Salad

Friday, December 2nd

Turkey Pot Pie

With Turkey, Corn, Peas, Green Beans, Carrots, Celery and Potatoes.

Monday, December 5th

Veggie Alfredo

Creamy Cheese Sauce and Penne Noodles with Sourdough Bread With onions, garlic, spinach Tomatoes and Green Salad

Tuesday, December 6th

Taco Salad

with Grass Fed Beef, Roasted Tomato Salsa and Queso Fresco, Rice and Beans
Includes onions, jalapeños, garlic, tomato and cilantro & Corn Tortilla Chips. **Gluten free!**

Wednesday, December 7th

Meatzzza Pizza WRSC Style

Grass Fed Beef, Pepperoni, WRSC Marinara & Cheese with Green Salad

Thursday, December 8th

Tomato and Basil Bisque

with Sourdough Bread and Green Salad, Includes garlic, olive oil and onion.

Gluten Free except sourdough. Vegetarian.

Friday, December 9th

Spaghetti Bolognese Bake

with Sourdough Bread and Green Salad, Includes olive oil, red wine vinegar and herbs.

Monday, December 12th

Vegetarian Lasagna

with onion, tomatoes, Peppers and cheese and a Green Salad, Includes garlic and olive oil.

Tuesday, December 13th

Taco Salad

with Grass Fed Beef, Roasted Tomato Salsa and Queso Fresco, Rice and Beans
Includes onions, jalapeños, garlic, tomato and cilantro & Corn Tortilla Chips. **Gluten free!**

Wednesday, December 14th

Chicken Enchiladas

with Chicken, Onions, peppers, cheese and tomatoes. With a Green Salad

Thursday, December 15th

Vegetarian Chili

Onions, Peppers, Beans with Sourdough Bread and Green Salad.

Friday, December 16th

Chicken Caesar salad

with Hearty Sourdough Croutons, Includes egg, Tabasco olive oil, Dijon & lemon juice,
Dijon and anchovies in dressing. Parmesan cheese. **Gluten Free except Croutons**

Monday, December 19th thru Monday, January 2nd

No School – Christmas Break

WRSC

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