



Local Food – Local People
Syringa Mountain School
Lunch Program January 2017

Tuesday, January 3rd

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, January 4th

Meatzzzza Pizza WRSC Style

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

Thursday, January 5th

Vegetable Soup

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

Friday, January 6th

Turkey Pot Pie

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

Monday, January 9th

Veggie Alfredo

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

Tuesday, January 10th

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, January 11th

Chicken Enchiliads WRSC Style

Chicken, Onions, Peppers, Tortillas, Cheese with Green Salad

Thursday, January 12th

Tomato and Basil Bisque

**with Sourdough Bread and Green Salad, Includes garlic, olive oil and onion.
Gluten Free except sourdough. Vegetarian.**

Friday, January 13th

Spaghetti Bolognese Bake

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

Monday, January 16th

No School

Monday, January 23rd

Vegetarian Pizza

Onions, Peppers, Tomato Sauce, Cheese and Mix Green Salad

Tuesday, January 24th

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, January 25th

Meatzzzza Pizza WRSC Style

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

Thursday, January 26th

Vegetable Soup

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

Friday, January 27th

Turkey Pot Pie

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

Monday, January 30th

Vegetarian Pizza

Onions, Peppers, Tomato Sauce, Cheese and Mix Green Salad

Tuesday, January 31st

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**