



Local Food – Local People

Syringa Mountain School
Lunch Program September 2016

Tuesday, September 6th

Taco Salad

with Roasted Tomato Salsa and Queso Fresco, Corn & Beans Salad
Includes onions, jalapeños, garlic, tomato and cilantro & Corn tortillas. **Gluten free!**

Wednesday, September 7th

Chicken Caesar salad

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

Thursday, September 8th

Vegetable Soup

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

Friday, September 9th

Chicken Alfredo

With Chicken, Creamy Cheese Sauce and Penne Noodles with Sourdough Bread and Green Salad

Monday, September 12th

Veggie Alfredo

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

Tuesday, September 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, September 14th

Chicken Noodle Soup

Chicken, celery, carrots and Green Salad

Thursday, September 15th

Tomato and Basil Bisque

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

Friday, September 16th

Spaghetti Bolognese Bake

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

Monday, September 19th

Tomato and Basil Bisque

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

Tuesday, September 20th

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, September 21st

Chicken Enchiladas

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

Thursday, September 22nd

Vegetarian Chili

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

Friday, September 23rd

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, September 26th

Vegetarian Soup

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

Tuesday, September 27th

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, September 28th

Chicken Pot Pie

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

Thursday, May 26th

No School

Friday, May 27th

No School