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**Local Food – Local People**

**Syringa Mountain School**

**Lunch Program October 2017**

***Monday, October 2nd***

**Veggie Alfredo**

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

***Tuesday, October 3rd***

**Taco Salad**

with Roasted Tomato Salsa and Queso Fresco, Corn & Beans Salad

Includes onions, jalapeños, garlic, tomato and cilantro & Corn tortillas. **Gluten free!**

***Wednesday, October 4th***

**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, October 5th***

**Vegetable Soup**

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

**Friday, October 6th**

**Chicken Alfredo**

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

***Monday, October 9th***

**Tomato and Basil Bisque**

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

***Tuesday, October 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, October 11th***

**Chicken Noodle Soup**

Chicken, celery, carrots and Green Salad

***Thursday, October 12th***

**Veggie Alfredo**

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

**Friday, October 13th**

**Spaghetti Bolognese Bake**  
with Sourdough Bread and Green Salad, Includes olive oil, red wine vinegar and herbs.

WRSC 308 S. River St. [wrsustainabilitycenter@gmail.com](mailto:wrsustainabilitycenter@gmail.com) 208-721-3114

***Monday, October 16th***

**Tomato and Basil Bisque**

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

***Tuesday, October 17th***

**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, October 18th**

**Chicken Enchiladas**

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

***Thursday, October 19th***

**No School**

Teacher in Service

***Friday, October 20th***

**No School**

Teacher in Service

***Monday, October 23rd***

**Veggie Alfredo**

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

***Tuesday, October 24th***

**Taco Salad**

with Roasted Tomato Salsa and Queso Fresco, Corn & Beans Salad

Includes onions, jalapeños, garlic, tomato and cilantro & Corn tortillas. **Gluten free!**

***Wednesday, October 25th***

**Chicken Pot Pie**

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

***Thursday, October 26th***

**Vegetable Soup**

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

**Friday, October 27th**

**Chicken Alfredo**

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

***Monday, October 30th***

**Tomato and Basil Bisque**

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

***Tuesday, October 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!**

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