



Local Food – Local People

Syringa Mountain School Lunch Program October 2016

Monday, October 3rd

Tomato and Basil Bisque

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

Tuesday, October 4th

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 5th

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 6th

Vegetable Soup

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

Friday, October 7th

Harvest Festival

No School Lunch

Monday, October 10th

Veggie Alfredo

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

Tuesday, October 11th

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 12th

Meatzzzza Pizza WRSC Style

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

Thursday, October 13th

Tomato and Basil Bisque

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

Friday, October 14th

Spaghetti Bolognese Bake

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

Monday, October 17th

Vegetarian Stir Fry

with Wild Rice, onion, celery, carrots and a Green Salad, Includes garlic, olive oil and Soy Sauce.

Tuesday, October 18th

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 19th

Chicken Enchiladas

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

Thursday, October 20th

Vegetarian Chili

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

Friday, October 21st

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, October 24th

Vegetarian Soup

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

Tuesday, October 25th

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 26th

Chicken Pot Pie

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

Thursday, October 27th

Vegetable Soup

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

Friday, October 28th

Meatzzza Pizza WRSC Style

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

Monday, October 31st

Happy Halloween!!!

Worms and Brains

(Vegetarian Spaghetti and Marinara)

Tomatoes, Garlic, Onions, Carrots, Broccoli. Served with Cheese with Green Salad