



Washington Waldorf School **April 2018**

Organic Lunch Menu

Student's name _____ Grade _____
 Check for GF Gluten Free V Vegetarian DF Dairy Free VG Vegan

Monday	Tuesday	Wednesday	Thursday	Friday	# of lunches per week
<p>If every family who enjoys ordering from our wonderful school lunch program volunteered for just 4 shifts each year, our kitchen program would be fully staffed!!</p>	Teriyaki Chicken/Tofu (V) Braised Bok Choi w/ Shitake Mushrooms & Carrots Rice 4/3 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)* "Caesar" Salad (V/GF) Steamed Broccoli 4/4 <input type="checkbox"/>	Beef Stew Squash & Chick Pea Stew Honey Wheat Bread Salad 4/5 <input type="checkbox"/>	Macaroni & Cheese Blanched Carrots Apple Sauce 4/6 <input type="checkbox"/>	
Lentil Soup Corn Bread (GF) Salad 4/9 <input type="checkbox"/>	Chicken Shawarma Fellafel w/Tahini (GF) Quinoa Tabuli Carrots w/Zatar 4/10 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)* "Caesar" Salad (V/GF) Steamed Broccoli 4/11 <input type="checkbox"/>	Baked Potato Beefy Chili Cheesy Broccoli / Sour Cream Scallions Salad 4/12 <input type="checkbox"/>	Ravioli with Rosé Sauce (Vg) Green Salad 4/13 <input type="checkbox"/>	
3 Bean Chili (GF, DF) with Sour Cream & Cheese Rice Tortilla Chips 4/16 <input type="checkbox"/>	Oven Baked Chicken Tenders (GF, DF) Tempeh Ribs Potato Salad Creamy Cole Slaw 4/17 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)* "Caesar" Salad (V/GF) Steamed Broccoli 4/18 <input type="checkbox"/>	Pit Beef BBQ Smoked Tofu (V) Oven Fries Salad 4/19 <input type="checkbox"/>	Vegetarian Lasagna Garlic Bread Salad 4/20 <input type="checkbox"/>	
Oven "Grilled" Cheese Creamy Tomato Soup (GF) Salad 4/23 <input type="checkbox"/>	Coconut Chicken Curry (GF, DF) Lentil Dal Roasted Cauliflower Basmati Rice Apple Raita 4/24 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)* "Caesar" Salad (V/GF) Steamed Broccoli 4/25 <input type="checkbox"/>	Hot & Not Dogs (GF Bun) Carrots Fruit 4/26 <input type="checkbox"/>	Baked Ziti Salad 4/27 <input type="checkbox"/>	
Bean & Cheese Burritos Roasted Butternut Squash Cabbage Salad 4/30 <input type="checkbox"/>	<p>Please note that special orders must be pre-ordered at the beginning of the month. We cannot guarantee "same day" requests of special menu items.</p>	<p>Please do <u>not</u> place any marks on days that are not ordered.</p>			

**Talk to Chef about special requests.

Return all completed menus to Stacey Kornegay

Total # of lunches for the month _____

Total \$6.25 = \$ _____

Please mark ONE payment choice: ___ Cash ___ FACTS ___ check # \$ ___ Amount