



# Washington Waldorf School

**May 2018**

Student's name \_\_\_\_\_ Grade \_\_\_\_\_

**Organic Lunch Menu** Check the box each day to order lunch.

Check for GF  Gluten Free V  Vegetarian DF  Dairy Free VG  Vegan

Monday	Tuesday	Wednesday	Thursday	Friday	# of lunches per week
	Teriyaki Chicken/Tofu (V) Braised Bok Choi w/ Shitake Mushrooms & Carrots  Rice 5/1 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)*  "Caesar" Salad (V/GF) Steamed Broccoli 5/2 <input type="checkbox"/>	Beef Stew Squash & Chick Pea Stew Honey Wheat Bread Salad 5/3 <input type="checkbox"/>	<b>No Lunch Service</b>  <b>Grandparents &amp; Special Friends Day</b> 5/4	
Lentil Soup Corn Bread (GF) Salad 5/7 <input type="checkbox"/>	Chicken Shawarma Fellafel w/Tahini (GF) Quinoa Tabuli Carrots w/Zatar 5/8 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)*  "Caesar" Salad (V/GF) Steamed Broccoli 5/9 <input type="checkbox"/>	Hot & Not Dogs (GF Bun) Carrots Fruit 5/10 <input type="checkbox"/>	Ravioli with Rosé sauce Salad 5/11 <input type="checkbox"/>	
3 Bean Chili (GF, DF) with Sour Cream & Cheese Rice Tortilla Chips 5/14 <input type="checkbox"/>	Oven Baked Chicken Tenders (GF, DF) Tempeh Ribs Potato Salad Creamy Cole Slaw 5/15 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)*  "Caesar" Salad (V/GF) Steamed Broccoli 5/16 <input type="checkbox"/>	Pit Beef BBQ Smoked Tofu (V) Oven Fries Salad 5/17 <input type="checkbox"/>	Vegetarian Lasagna Garlic Bread Salad 5/18 <input type="checkbox"/>	
Oven "Grilled" Cheese Creamy Tomato Soup (GF) Salad 5/21 <input type="checkbox"/>	Coconut Chicken Curry (GF, DF) Lentil Dal Roasted Cauliflower Basmati Rice Apple Raita 5/22 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)*  "Caesar" Salad (V/GF) Steamed Broccoli 5/23 <input type="checkbox"/>	Baked Potato Beefy Chili Cheesy Broccoli / Sour Cream Scallions Salad 5/24 <input type="checkbox"/>	<b>No Lunch Service</b>  <b>LS Field Day &amp; Family Picnic</b> 5/25	
<b>No Classes</b>  <b>Memorial Day</b> 5/28	Korean Chicken BBQ Tofu (V) Japchae Kimchi 5/29 <input type="checkbox"/>	Pizza (V) (GF available)* (DF available)*  "Caesar" Salad (V/GF) Steamed Broccoli 5/30 <input type="checkbox"/>	Beef Stew Squash & Chick Pea Stew Honey Wheat Bread Salad 5/31 <input type="checkbox"/>		

\*\*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