

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
Lentil Soup Corn Bread (GF) Salad 1/6 <input type="checkbox"/>	Chicken Shawarma Falafel w/Tahini (GF) Quinoa Tabuli Roasted Carrots w/Zatar 1/7 <input type="checkbox"/>	Pizza (V) (GF available) * (DF available) * Salad Vegetable 1/8 <input type="checkbox"/>	Baked Potato Beefy Chili Cheesy Broccoli / Sour Cream Scallions Salad 1/9 <input type="checkbox"/>	Ravioli with Rosé sauce (Vg) Green Salad 1/10 <input type="checkbox"/>	
3 Bean Chili (GF, DF) with Sour Cream & Cheese Rice Tortilla Chips 1/13 <input type="checkbox"/>	BBQ Chicken (GF, DF) Tempeh Ribs (Veg) Potato Salad Creamy Cole Slaw 1/14 <input type="checkbox"/>	Pizza (V) (GF available) * (DF available) * Salad Vegetable 1/15 <input type="checkbox"/>	Japchea with Korean style BBQ Beef or Tofu (V) 1/16 <input type="checkbox"/>	Twice Baked Barley and Cheddar Cheese Stuffed Sweet Potato 1/17 <input type="checkbox"/>	
No Classes MLK Day Holiday 1/20	Coconut Chicken Curry (GF, DF) Lentil Dal Roasted Cauliflower Basmati Rice 1/21 <input type="checkbox"/> Apple Raita	Pizza (V) (GF available) * (DF available) * Salad Vegetable 1/22 <input type="checkbox"/>	Hot & Not Dogs (GF bun optional) Carrots with Chef's Ranch dressing Fruit 1/23 <input type="checkbox"/>	Pasta Ragu Salad 1/24 <input type="checkbox"/>	
Bean & Cheese Burritos Roasted Butternut Squash Cabbage Salad 1/27 <input type="checkbox"/>	Teriyaki Chicken/Tofu (V) Braised Bok Choi w/ Shitake Mushrooms & Carrots Rice 1/28 <input type="checkbox"/>	Pizza (V) (GF available) * (DF available) * Salad Vegetable 1/29 <input type="checkbox"/>	Beef Stew Squash & Chick Pea Stew (V) Honey Wheat Bread Salad 1/30 <input type="checkbox"/>	Macaroni & Cheese Old Bay Carrots Apple Sauce 1/31 <input type="checkbox"/>	

**Talk to Chef about special requests.

Return all completed menus to Stacey Kornegay

Total # of lunches for the month _____

x \$6.25 = \$ _____ Total