Washington Waldorf School   **February 2020**   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

Lentil Soup
Corn Bread (GF)
Salad
 	
2/3
	Chicken Shawarma
	Falafel w/Tahini (GF)
	Quinoa Tabuli
	Roasted Carrots w/Zatar 2/4
		Pizza (V)
		  (GF available) *
		  (DF available) *
		
		Salad
		Vegetable 2/5
			Baked Potato
			Beefy Chili
			Cheesy Broccoli / Sour Cream
			Scallions
			Salad 2/6
				Ravioli with Rosé sauce (Vg)
				Green Salad
				
				2/7	

Bean & Cheese Burritos
 	
Roasted Butternut Squash
 	
Cabbage Salad   2/10
	BBQ Chicken (GF, DF)
	Tempeh Ribs (Veg)
	Potato Salad
	Creamy Cole Slaw
	   2/11
		Pizza (V)
		  (GF available) *
		  (DF available) *
		
		Salad
		Vegetable 2/12
			Japchea with Korean style BBQ Beef or Tofu (V)
			
			2/13
				Twice Baked Barley and Cheddar Cheese
				
				Stuffed Sweet Potato
				
				Salad 2/14	

No Classes
 	
Presidents' Day
2/17
	Coconut Chicken Curry (GF, DF)
	Lentil Dal
	Roasted Cauliflower
	Basmati Rice 2/18
	Apple Raita
		Pizza (V)
		  (GF available) *
		  (DF available) *
		
		Salad
		Vegetable 2/19
			Day of the Languages
			Taste of the Caribbean
			
			Brown Stew Chicken
			Red Beans & Rice
			Vegetable Run-down
			   2/20
				Pasta Ragu
				
				Salad
				
				2/21	

3 Bean Chili (GF, DF)
 with Sour Cream & Cheese
 	
Rice
 	
Tortilla Chips
   2/24
	Teriyaki Chicken/Tofu (V)
	Braised Bok Choi w/
	Shitake Mushrooms & Carrots
	
	Rice
	
	   2/25
		Pizza (V)
		  (GF available) *
		  (DF available) *
		
		Salad
		Vegetable
		   2/26
			Beef Stew
			Squash & Chick Pea Stew (V)
			Honey Wheat Bread
			Salad
			   2/27
				Macaroni & Cheese
				
				Old Bay Carrots
				
				Apple Sauce
				   2/28	

**Talk to Chef about special requests.
Return all completed menus to Stacey Kornegay

Total # of lunches for the month _____

x $6.25 = $ _____ Total