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**Local Food – Local People**

**Syringa Mountain School**

**Lunch Program**

**September**

***Tuesday, September 8th***

**Taco Salad**

with Roasted Tomato Salsa and Queso Fresco, Rice and Beans
Includes onions, jalapeños, garlic, tomato and cilantro & Corn tortillas.

**Gluten free!**

***Wednesday, September 9th***

**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**

 ***Thursday, September 10th***

**Tomato and Basil Bisque**

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

**Friday, September 11th**

**Chicken Teriyaki**

with Brown Rice and Roasted Vegetables**.**

with Green Salad

***Monday, September 14th***

**Vegetable Soup**

 with Green Beans, Corn, Peas, Onions, Garlic and Carrots

with Sourdough Bread and Green Salad

***Tuesday, September 15th***
 **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!**

WRSC 308 S. River St. wrsustainabilitycenter@gmail.com 208-721-3114

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**Local Food – Local People**

**Syringa Mountain School**

**Lunch Program**

**September**

***Wednesday, September 16th***

**Spaghetti Bolognese Bake**
with Sourdough Bread and Green Salad
Includes olive oil, red wine vinegar and herbs

***Thursday, September 17th***

**Vegetable Stir Fry**

Onions, Carrots, Celery, Broccoli, Green Onions and Garlic, Served with Brown Rice
**Gluten free & Vegetarian.**

**Friday, September 18th**

**Chicken Pot Pie**

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

***Monday, September 21st***

**Vegetable Lasagna**
with Sourdough Bread and Green Salad

***Tuesday, September 22nd***

**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, September 23rd**

**Chicken Teriyaki**

with Brown Rice and Roasted Vegetables**.**

with Green Salad

***Thursday, September 24th***

**Tomato and Basil Bisque**

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

***Friday, September 25th***

**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**

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**Local Food – Local People**

**Syringa Mountain School**

**Lunch Program**

**September**

***Monday, September 28th***

**Vegetable Stir Fry**

Onions, Carrots, Celery, Broccoli, Green Onions and Garlic, Served with Brown Rice
**Gluten free & Vegetarian.**

***Tuesday, September 29th***

**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 and Parm**

**Wednesday, September 30th**

**Spaghetti Bolognese Bake**
with Sourdough Bread and Green Salad
Includes olive oil, red wine vinegar and herbs

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