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**Local Food – Local People**

**Syringa Mountain School**

**Lunch Program January 2018**

***Tuesday, January 2nd***
 **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, January 3rd***

**Chicken Caesar salad**

 with Sourdough Croutons, Includes egg, Tabasco olive oil, Dijon & lemon juice,

Dijon and anchovies in dressing. Parmesan cheese. **Gluten Free except Croutons**

 ***Thursday, January 4th***

**Vegetable Soup**

 with Beans, Corn, Peas, Onions, Garlic and Carrots with Sourdough Bread and Green Salad

**Friday, January 5th**

**Sack Lunch**

***Monday, January 8th***

**Tomato and Basil Bisque**

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

***Tuesday, January 9th***
 **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, January 10th***

**Chicken Noodle Soup**

Chicken, celery, carrots and Green Salad

***Thursday, January 11th***

**Veggie Alfredo**

Creamy Cheese Sauce and Penne Noodleswith Sourdough Bread With onions, garlic, spinach Tomatoes and Green Salad

**Friday, January 12th**

**Chicken Caesar salad**

 with Sourdough Croutons, Includes egg, Tabasco olive oil, Dijon & lemon juice,

Dijon and anchovies in dressing. Parmesan cheese. **Gluten Free except Croutons**

***Monday, January 15th***

**Asian Vegetable Stir Fry**

with Brown Rice, Onions, Celery, Carrots, Sourdough Bread and Green Salad, Includes garlic, olive oil

. **Gluten Free except sourdough. Vegetarian.**

***Tuesday, January 16th***

**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, January 17th**

**Chicken Enchiladas**

with Chicken, Onions, peppers, cheese and tomatoes. With a Green Salad

***Thursday, January 18th***

**Twice Baked Potatoes with Chili**

With Potatoes, cheese, bacon, Beef Chili served with a Green Salad

***Friday, January 19th***

**Sack Lunch**

***Monday, January 22nd***

**Veggie Pizza**

Tomato Sauce, Peppers, Onions, Garlic and Cheese with a Green Salad

***Tuesday, January 23rd***

**Taco Salad**

with Roasted Tomato Salsa and Queso Fresco, Corn & Beans Salad

Includes onions, jalapeños, garlic, tomato and cilantro & Corn tortillas. **Gluten free!**

***Wednesday, January 24th***

**Chicken Pot Pie**

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

***Thursday, January 25th***

**Meatzza Pizza**

 With Tomato Sauce, Beef, Onions, Garlic and Cheese served with a Green Salad

***Friday, January 26th***

**Sack Lunch**

***Monday, January 29th***

**Tomato and Basil Bisque**

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

***Tuesday, January 30th***
 **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, January 31st***

**Chicken Noodle Soup**

Chicken, celery, carrots and Green Salad

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