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**Local Food – Local People**

**Syringa Mountain School**

**Lunch Program May & June 2018**

***Tuesday, May 1st***   
 **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, May 2nd***

**Beef Enchiladas**

with Grass Fed Beef, Onions, peppers, cheese and tomatoes. With a Green Salad

***Thursday, May 3rd***

**Veggie Pizza**

Marinara , Mushrooms, Peppers, Onions, Tomatoes, Cheese. Green Salad

**Friday, May 4th ~ Sack Lunch**

***Monday, May 7th***

**Grilled Cheese with Butternut Squash Soup**

Butternut Squash, Leeks, Celery, Onions, Raw Cow’s Milk with a Green Salad

***Tuesday, May 8th***

**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, May 9th**

**Macaroni & Cheese**

with Elbow Macaroni, Cheese, Raw Cow’s Milk, Steamed Broccoli With a Green Salad

***Thursday, May 10th***

**Vegetable Soup**

with Sourdough Bread and Green Salad, Includes potatoes, garlic, Carrots, Zucchini and onion.

**Gluten Free except sourdough. Vegetarian**

***Friday, May 11th ~ Sack Lunches***

***Monday, May 14th***

**Chicken Noodle Soup**

Chicken, celery, carrots and Green Salad

***Tuesday, May 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!**

***Wednesday, May 16th***

**Meatzzzaa Pizza**

Marinara , Grass Fed Beef, Onions, Tomatoes, Cheese. Green Salad

***Thursday, May 17th***

**Beef Enchiladas**

with Grass Fed Beef, Onions, peppers, cheese and tomatoes. With a Green Salad

**Friday, May 18th ~ Sack Lunch**

***Monday, May 21st***

**Grilled Cheese with Chili Soup**

Grass Fed Butternut Squash, Leeks, Celery, Onions, Raw Cow’s Milk with a Green Salad

***Tuesday, May 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, May 23rd**

**Macaroni & Cheese**

with Elbow Macaroni, Cheese, Raw Cow’s Milk, Steamed Broccoli With a Green Salad

***Thursday, May 24th***

**Tomato and Basil Bisque**

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

***Friday, May 25th ~ Sack Lunch***

***Monday, May 28th ~ No School – Memorial Day***

***Tuesday, May 29th***   
 **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, May 30th***

**Beef Enchiladas**

with Grass Fed Beef, Onions, peppers, cheese and tomatoes. With a Green Salad

***Thursday, May 31st***

**Veggie Pizza**

Marinara , Mushrooms, Peppers, Onions, Tomatoes, Cheese. Green Salad

**Friday, June 1st ~ Sack Lunch**

***Monday, June 4th***

**Grilled Cheese with Butternut Squash Soup**

Butternut Squash, Leeks, Celery, Onions, Raw Cow’s Milk with a Green Salad

***Tuesday, June 5th***

**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, June 6th**

**Macaroni & Cheese**

with Elbow Macaroni, Cheese, Raw Cow’s Milk, Steamed Broccoli With a Green Salad

***Thursday, June 7th***

**Vegetable Soup**

with Sourdough Bread and Green Salad, Includes potatoes, garlic, Carrots, Zucchini and onion.

**Gluten Free except sourdough. Vegetarian**

***Friday, June 8th ~ Sack Lunches***