

DECEMBER 2017

Orcas Christian School

Happy Holidays!

Our menu is lacto-ovo vegetarian

Paid Lunch is \$4.50

Reduced Price is \$0.40

Adult lunch is \$5.00

Monday

Tuesday

Wednesday

Thursday

Friday



Baked Potatoes
Chili, Cheese, Sour Cream
Carrot Quinoa Muffins
Fresh Veggie Medley
Seasonal Fruit
Skim and 1% Milk

4

Beet Burgers
whole wheat bun with cheese
Broccoli Salad
Cottage Cheese
Seasonal Fruit
Skim and 1% Milk

5

World Wide Wednesday
India
Dahl (Lentils)
Flatbread & Mango Lassi
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

6

Chickpeas and Pasta
Roasted Beets
Fresh Green Salad
Seasonal Fruit

Skim and 1% Milk

7

Spinach Leek
& Brown Rice Pie
Roasted Carrots
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

8

Monday Brunch
Swiss Chard Frittata
Butternut Barley
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

11

Vegetable Stir Fry
Crispy Tofu & Brown Rice
Gingered Cabbage Salad
Seasonal Fruit
Skim and 1% Milk

12

Southwestern White Bean
Soup & Cornbread
Cottage Cheese
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

13

Haystacks
with all the fixings!
Southwestern Beans & Rice
Fresh Veggie Medley
Seasonal Fruit
Skim and 1% Milk

14

Baked Pasta
with marinara
Roasted Root Vegetable Hash
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

15

BBQ 'Sloppy' Lentil Joes
On whole grain bun
Cole Slaw
Seasonal Fruit
Skim and 1% Milk
Bake Cookies Day!

18

Butternut Squash Lasagna
Dinner Roll
Buttered Parmesan Peas
Fresh Green Salad
Seasonal Fruit
Skim and 1% Milk

19

Creamy Potato Soup
Toasted Cheese Bagels
Green Bean Salad
Seasonal Fruit
Skim and 1% Milk

20

Mr. Claus' Pick!
Red Lentil Indian Sambar
Vegetable rice biryani
Palak Paneer with ricotta
Seasonal Fruit
Skim and 1% Milk

21

Noon Dismissal
No lunch today!

22



Merry Christmas

25

26

27

28

29



Have a joyous holiday break!



Menu subject to change given availability of some food items.

We need volunteers! If you'd like to earn volunteer hours, please come help with school lunch. We need you!

Parents, please let us know of any food allergies your child may have.

Please submit an income application if you'd like to be considered for free or reduced priced lunches. This institution is an equal opportunity provider.