

Food For Thought
Organic, Farm-to-Table Lunch program
Kimberton Waldorf School

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Alfredo Pasta	Quesadillas	7 Stars Meat Chili V: Black Bean Sweet Potato Vegetarian Chili	French Toast, hard boiled eggs, yogurt, and fruit	Chicken Fingers V: Frittata
13	14	15	16	17
Balsamic Chicken and Bowtie Pasta	Twice baked potato	Chicken Noodle Soup	Caesar pasta salad	MLK Community Meal Roasted Chicken, Mac-n-cheese, roasted vegetables
20	21	22	23	24
No School	Philly Cheesesteaks V: Marinated Portabella mushroom and veggies s	Beef Stew	Lemon chicken piccata with herb roasted potatoes V: veggie frittata	Pizza
27	28	29	30	31
Spaghetti with parmesan	Sweet and Sour Meatballs over rice	Chicken Corn Chowder	7 Stars Hamburgers, homemade French fries, and fermented pickles V: veggie burgers	Sushi and Miso Soup

Vegetarian, gluten-free, and dairy free meals available every day