



# GOOD FOOD LUNCH PROGRAM

Washington Waldorf School's in-house lunch program aligns with and supports our values, community, and curriculum, as well as our students' learning and development at every age.

The menu is designed to appeal to a wide range of palates. Repeated exposure (through a two-week menu rotation), and dining with peers who are all enjoying the same food together, encourages children to eat this wholesome, nutritious food!

## MENU

### WEEK 1

<b>MON</b>	Grilled Cheese, Tomato Soup, Crudite and Dip
<b>TUE</b>	Lentil Shepherd's Pie, Glazed Carrots
<b>WED</b>	Cheese Pizza, Blanched Broccoli and "Caesar" Salad
<b>THU</b>	Coconut Chickpea Curry, Roasted Potatoes with Peas, Rice and Raita
<b>FRI</b>	Pasta Ragu (Beef and Vegan) and Salad

### WEEK 2

<b>MON</b>	Bean Chili with Cheese, Rice and Tortilla Chips
<b>TUE</b>	Twice Baked Barley and Cheddar Stuffed Sweet Potato with Salad
<b>WED</b>	Cheese Pizza, Blanched Broccoli and "Caesar" Salad
<b>THU</b>	Bean & Cheese Burrito, Pico de Gallo and Coleslaw
<b>FRI</b>	Mac & Cheese with Applesauce and Veggie

## FALL SEMESTER LUNCH COST

Children's Garden	\$357
Lower & High School (G1-12)	\$459

## PRICING

- Cost covers lunch **five days/week** for the fall semester (9/30-12/19)
- Lunch will be **billed monthly**, with tuition
- Semester price **accounts for occasional absences** due to illness and/or class trips
- **Walk up, day-of price is \$11**

## MENU & KITCHEN DETAILS

- We strive to use **organic & biodynamic** ingredients whenever possible
- We offer **vegetarian, vegan, gluten-free, and dairy-free** versions of every meal, and we make best efforts to avoid cross-contamination. We aim to accommodate all allergies; if you have special concerns or questions about dietary restrictions or allergies, please contact [goodfood@washingtonwaldorf.org](mailto:goodfood@washingtonwaldorf.org)
- The kitchen is led by Chef Eron Picus (Chef/Kitchen Manager), Serafina Orobello (Sous Chef), Laura Chacón (Prep Cook), and Jesse Travis (Kitchen Administrator)

## SIGN UP FOR LUNCH TODAY!

QUESTIONS? WANT TO VOLUNTEER? CHECK OUT THE [LUNCH FAQ](#) OR EMAIL [GOODFOOD@WASHINGTONWALDORF.ORG](mailto:GOODFOOD@WASHINGTONWALDORF.ORG)