

## NEST School Lunch menu for Bright Water Waldorf School October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Mac n Cheese, veggies, fruit, dessert	<b>2</b> Chicken Cesar salad or veggie burger veggie bar, fruit, dessert	<b>3</b> Vegetable Curry with rice, veggies, fruit, dessert	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Fresh Udon noodles, veggies, fruit, dessert	<b>9</b> Taco Tuesday! veggies, fruit, dessert	<b>10</b> Pasta with fresh corn, tomato and basil, veggies, fruit, dessert	<b>11</b>	<b>12</b> No School	<b>13</b>
<b>14</b>	<b>15</b> Pasta with organic white miso and veggies, salad bar, fruit, dessert	<b>16</b> Tostadas, salad bar, fruit, dessert	<b>17</b> Fresh ramen noodles, salad bar, fruit, dessert	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Dirty rice with smoked sausage or veggie sausage, veggies fruit, dessert	<b>23</b> Basil/chicken pasta or basil veggie pasta, veggies, fruit, dessert	<b>24</b> Fried Rice, veggies, fruit, dessert	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Pasta and meatballs or veggie meatballs, veggies, fruit, dessert	<b>30</b> Teriyaki Chicken or Teriyaki tofu, veggies, fruit, treat	<b>31</b> Make your own bagel sandwiches, veggies, fruit, dessert			