

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

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Dahl over rice with Mango lassi	Michaelmas Roasted chicken Butternut Squash from KWS garden Apple Crisp
5	6	7	8	9
Mac-N-Cheese with broccoli	Chicken Cacciatore over rice	Tomato Soup with Grilled Cheese	Twice baked potatoes	Empanadas!
12	13	14	15	16
Spaghetti with parmesan Garden Salad	Meatloaf and mashed potatoes	Ramen Soup Artisan bread garden salad	French Toast, hard boiled eggs, yogurt, and fruit	7 Stars Hamburgers, homemade French fries, and fermented pickles V: veggie burgers
19	20	21	22	23
Baked Ziti	Tacos	Chicken Noodle Soup, Artisan bread, and garden salad V: veggie noodle soup	Sweet and Sour Meatballs over rice	Pizza
26	27	28	29	30
Alfredo pasta with broccoli on the side	Hoagies Tuna or Cheese	Fall Soup Artisan bread garden salad	Chicken fingers, carrot sticks with dipping sauce  V: zucchini fritters	Lemon chicken Piccata