

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL
LABOR DAY

4

Cabot Macaroni and Cheese
Roasted Zucchini
Honey Glazed Carrots
Homemade Whole Wheat Roll
Fresh Fruit and Veggie Bar
Milk

5

Homemade Welcome Back Pizza
Pepperoni, Cheese, or Veggie
Tomato and Cucumber Salad
Fresh Fruit and Veggie Bar
Milk

Sloppy Joe on A Whole Wheat Bun
Steamed Broccoli
Corn on the Cob
Fresh Fruit and Veggie Bar
Milk
September Birthday Treat

6

Misty Knoll Chicken Drumstick Or Tofu Tenders
With BBQ Sauce
Whole Grain Corn Bread
Corn on the Cob
Baked Beans
Fresh Fruit and Veggie Bar

Chicken Teriyaki
Brown Rice
Stir Fried Green Beans with Carrots
Veggie Eggroll
Fresh Fruit and Veggie Bar
Milk

7

Turkey, Bacon, Cheddar Or Veggie Wrap
Spinach and Strawberry Salad
Carrot Sticks
Carrot Muffin
Fresh Fruit and Veggie Bar
Milk

1

Baked Potato Bar
Ham, Broccoli, Cheese
Chick Pea Salad
Fluffy Whole Grain Biscuit
Fresh Fruit and Veggie Bar
Milk

8

Grilled Cheese Sandwich
Tomato Tortellini Soup
Grilled Zucchini
Carrot Sticks
Fresh Fruit and Veggie Bar
Milk

11

Taco Tuesday Two Tacos – Beef or Bean
Cheddar Cheese
Mexican Brown Rice
Seasoned Black Beans ** Corn
Corn Bread ** Salsa & Sour Cream
Fresh Fruit and Veggie Bar
Milk

12

Pizza
Pepperoni, Cheese, or Veggie
Tomato and Cucumber Salad
Carrot Sticks
Fresh Fruit and Veggie Bar
Milk

13

Spaghetti with Meat Sauce or Marinara Sauce
Steamed Broccoli
Garlic Bread
Fresh Fruit and Veggie Bar
Milk

14

Crispy Chicken Tenders Or Tofu Tenders
Roasted Green Beans
Creamy Coleslaw
Apple Oatmeal Muffin
Fresh Fruit and Veggie Bar
Milk

15

Italian Dunkers Cheesy Baked Breadsticks
With Marinara Sauce
Roasted Chick Peas
Honey Roasted Carrots
Fresh Fruit and Veggie Bar
Milk

18

Local Beef and Bean Or Veggie Chili
Cheddar Cheese
Corn Chips
Corn on the Cob
Fresh Fruit and Veggie Bar
Milk

19

Chicken Alfredo Pasta
Or Alfredo Pasta with Veggies
Roasted Green Beans
Cucumber Salad
Honey Oat Rolls
Fresh Fruit and Veggie Bar
Milk

20

BREAKFAST FOR LUNCH Cheesy Scrambled Eggs
French Toast Sticks
Maple Syrup
Steamed Broccoli
Fresh Fruit and Veggie Bar
Milk

21

Deli Day Turkey or Ham & Cheese On Whole Wheat Bread
Lettuce, Tomato
Cheddar Broccoli Soup
Tossed Romaine Salad
Fresh Fruit and Veggie Bar
Milk

22

Whole Grain Ravioli w/ Marinara Sauce
Cottage Cheese
Buttery Green Beans
Garlic Bread
Fresh Fruit and Veggie Bar
Milk

25

Chicken and Biscuits
w/ Seasonal Veggies
Steamed Broccoli
Fresh Fruit and Veggie Bar
Milk

26

Meatball or Roasted Veggie Subs
on Whole Wheat Bun
w/ Mozzarella and Marinara
Roasted Zucchini
Fresh Fruit and Veggie Bar
Milk

27

Chicken Or Bean Fajita
On Whole Grain Tortilla
Grilled Peppers and Onion
Corn
Sour Cream and Salsa
Corn Bread Muffin
Fresh Fruit and Veggie Bar
Milk

28

Hamburger, Cheeseburger Or Veggie Burger
Lettuce & Tomato
On Whole Grain Bun
Baked Beans
Seasoned Potato Wedges
Fresh Fruit and Veggie Bar
Milk

29

PRICES

Breakfast – Free for All
Paid Lunch - \$2.50
Reduced Lunch – Free
Milk w/o a meal - \$.65

Adult Bkfst - \$2.50 Adult Lunch \$5.00

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.

A daily alternate meal of **PB&J (T and Th)** or **Bagel and Cream Cheese (M,W,F)** will be offered to students who do not care for the main entrée. All sides will come with the alternate meal.