

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

6

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

Chicken Terriyaki

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

7

WELCOME BACK BBQ Grilled Hamburgers, Hot Dogs, Veggie Burgers

Sliced Tomato, Cheese, Onion
 Potato Salad ** Pasta Salad
 Watermelon
 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 **Sunbutter and Jelly Sandwich** will be offered to students who do not care for the main entrée. All sides will come with the alternate meal.