

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, 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

Chicken Terriyaki

Stir Fied 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, 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
 Roasted Green Beans
 Creamy Coleslaw
 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 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, 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**
w/ Mozzarella and Marinara
 on Whole Wheat Bun
 Roasted Zucchini
 Fresh Fruit and Veggie Bar
 Milk

27

Chicken 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

Paid Breakfast - \$1.25

Paid Lunch \$2.50

Reduced Breakfast and Lunch – FREE

Milk w/o a meal - \$.65

Adult Breakfast \$2.00 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.

This institution is an equal opportunity provider.