

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**NO SCHOOL LABOR**

4

**Cabot Macaroni and Cheese**

Roasted Zucchini  
 Honey Glazed Carrots  
 Homemade Whole Wheat Roll  
 Fruit Selection  
 Milk

5

**Welcome Back Flatbread Pizza**  
 Pepperoni, Cheese, Veggie  
 Tomato and Cucumber Salad  
 Fruit Selection  
 Milk

**Sloppy Joe on A Whole Wheat Bun**

Steamed Broccoli  
 Corn on the Cob  
 Fruit Selection  
 Milk

6

**Misty Knoll Chicken Drumstick**  
 With BBQ Sauce  
 Whole Grain Corn Bread  
 Corn on the Cob  
 Baked Beans  
 Fruit Selection  
 Milk

**Chicken Teriyaki Veggie Eggroll**

Stir Fied Brown Rice  
 Stir Fied Green Beans with Carrots  
 Fruit Selection  
 Milk

7

**Turkey, Bacon, Cheddar Or Veggie Wrap**  
 Spinach and Strawberry Salad  
 Carrot Sticks  
 FCS Garden Zucchini Muffin  
 Fruit Selection  
 Milk

1

**Baked Potato Bar**

Ham, Broccoli, Cheese  
 Chick Pea Salad  
 Fluffy Whole Grain Biscuit  
 Fruit Selection  
 Milk

8

**Grilled Cheese Sandwich**  
 Tomato Tortellini Soup  
 Grilled Zucchini  
 Carrot Sticks  
 Fruit Selection  
 Milk

11

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

12

**Pizza**  
 Pepperoni, Cheese, Veggie  
 Tomato and Cucumber Salad  
 Carrot Sticks  
 Fruit Selection  
 Milk

13

**Spaghetti with Meat Sauce or Marinara Sauce**  
 Steamed Broccoli  
 Garlic Bread  
 Fruit Selection  
 Milk

14

**Crispy Chicken Tenders**  
 Roasted Green Beans  
 Creamy Coleslaw  
 Oatmeal Muffin  
 Fruit Selection  
 Milk

15

**Italian Dunkers Cheesy Baked Breadsticks**  
 With Marinara Sauce  
 Roasted Chick Peas  
 Honey Roasted Carrots  
 Fruit Selection  
 Milk

18

**Local Beef and Bean Chili**  
 Cheddar Cheese  
 Corn Chips  
 Corn on the Cob  
 Fruit Selection  
 Milk

19

**Chicken Alfredo Pasta**  
 Or Alfredo Pasta with Veggies  
 Roasted Green Beans  
 Cucumber Salad  
 Honey Oat Rolls  
 Fruit Selection  
 Milk

20

**BREAKFAST FOR LUNCH Cheesy Scrambled Eggs**  
 French Toast Sticks  
 Maple Syrup  
 Steamed Broccoli  
 Fruit Selection  
 Milk

21

**Deli Day Turkey, Ham ,Cheese On Whole Wheat Bread**  
 Lettuce, Tomato  
 Cheddar Broccoli Soup  
 Tossed Romaine Salad  
 Fruit Selection  
 Milk

22

**Whole Grain Ravioli w/ Marinara Sauce**  
 Cottage Cheese  
 Buttery Green Beans  
 Garlic Bread  
 Fruit Selection  
 Milk

25

**Chicken and Biscuits w/ Seasonal Veggies**  
 Steamed Broccoli  
 Fruit Selection  
 Milk

26

**Meatball or Roasted Veggie Subs Mozzarella and Marinara**  
 on Whole Wheat Bun  
 Roasted Zucchini  
 Fruit Selection  
 Milk

27

**Chicken Fajita**  
 On Whole Grain Tortilla  
 Grilled Peppers and Onion  
 Corn  
 Sour Cream and Salsa  
 Corn Bread Muffin  
 Fruit Selection  
 Milk

28

**Hamburger, Cheeseburger Or Veggie Burger**  
 Lettuce & Tomato  
 On Whole Grain Bun  
 Baked Beans  
 Seasoned Potato Wedges  
 Fruit Selection

29

**PRICES**

Paid Breakfast - \$1.85

Paid Lunch \$2.85

Reduced Breakfast and Lunch – FREE

Milk w/o a meal - \$.65

Adult Breakfast \$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.

This institution is an equal opportunity provider.