

Monday

Tuesday

Wednesday

Thursday

Friday

Alternate Meal
 Mon.-Wed.- Fri. - Bagel & Cream Cheese
 Tues.-Thurs. - Peanut Butter & Jelly

4
NO SCHOOL
LABOR DAY

5
Cabot Macaroni and Cheese
 Roasted Zucchini
 Honey Glazed Carrots
 Homemade Whole Wheat Roll
 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

7
Chicken Terriyaki
 Stir Fied Brown Rice
 Stir Fried Green Beans with Carrots
 Veggie Eggroll
 Fresh Fruit and Veggie Bar
 Milk

8
Baked Potato Bar
 Ham, Broccoli, Cheese
 Chick Pea Salad
 Fluffy Whole Grain Biscuit
 Fresh Fruit and Veggie Bar
 Milk

11
Grilled Cheese Sandwich
 Tomato Tortellini Soup
 Grilled Zucchini
 Carrot Sticks
 Fresh Fruit and Veggie Bar
 Milk

12
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

13
Pizza
 Pepperoni, Cheese, Veggie
 Tomato and Cucumber Salad
 Carrot Sticks
 Fresh Fruit and Veggie Bar
 Milk

14
Spaghetti with
Meat Sauce or Marinara Sauce
 Steamed Broccoli
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

15
Crispy Chicken Tenders
 Roasted Green Beans
 Creamy Coleslaw
 Oatmeal Muffin
 Fresh Fruit and Veggie Bar
 Milk

18
Italian Dunkers
Cheesy Baked Breadsticks
 With Marinara Sauce
 Roasted Chick Peas
 Honey Roasted Carrots
 Fresh Fruit and Veggie Bar
 Milk

19
Local Beef and Bean Chili
 Cheddar Cheese
 Corn Chips
 Corn on the Cob
 Fresh Fruit and Veggie Bar
 Milk

20
Chicken Alfredo Pasta
 Or Alfredo Pasta with Veggies
 Roasted Green Beans
 Cucumber Salad
 Honey Oat Rolls
 Fresh Fruit and Veggie Bar
 Milk

21
BREAKFAST FOR LUNCH
Cheesy Scrambled Eggs
 French Toast Sticks
 Maple Syrup
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

22
Deli Day
Turkey, Ham ,Cheese
On Whole Wheat Bread
 Lettuce, Tomato
 Cheddar Broccoli Soup
 Tossed Romaine Salad
 Fresh Fruit and Veggie Bar
 Milk

25
Whole Grain Ravioli
 w/ Marinara Sauce
 Cottage Cheese
 Buttery Green Beans
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

26
Chicken and Biscuits
 w/ Seasonal Veggies
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

27
Meatball or Roasted Veggie
Subs
w/ Mozzarella and Marinara
 on Whole Wheat Bun
 Roasted Zucchini
 Fresh Fruit and Veggie Bar
 Milk

28
Chicken Fajita
 On Whole Grain Tortilla
 Grilled Peppers and Onion
 Corn
 Sour Cream and Salsa
 Corn Bread Muffin
 Fresh Fruit and Veggie Bar
 Milk

29
Hamburger, Cheeseburger
Or Veggie Burger
 Lettuce & Tomato
 On Whole Grain Bun
 Baked Beans
 Seasoned Potato Wedges
 Fresh Fruit and Veggie Bar
 Milk

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.