

**School Meals Are All Provided at NO COST to Families for 2021-2022**



= Local Product (Seasonal veggie options will also be local as much as possible)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

ALTERNATE MEAL

Bagel & Cream Cheese  
4oz. Yogurt or Cheese Sticks  
Vegetable of the Day  
Fruit Selection Milk

**NO SCHOOL 6**



**Hand Rolled 7**  
**Local Beef and Cheese Burrito**  
**Or Bean and Cheese Burrito**  
Brown Rice  
Corn  
Chili Roasted Carrots  
Fruit Selection Milk

**BREAKFAST FOR LUNCH 1**

Scrambled Eggs  
French Toast Sticks  
VT Maple Syrup  
Roasted Potatoes  
Steamed Broccoli  
Fruit Selection Milk

**PIZZA DAY 8**

**Cheese, Pepperoni or Veggie**  
Caesar Salad w Croutons  
Roasted Zucchini and Carrot with Basil  
Fruit Selection Milk

**Mandarin Orange Chicken 2**

**OR**  
**Mandarin Orange Tofu**  
Cabbage and Carrot Stir Fry  
Brown Rice  
Fruit Selection  
Milk

**Baked Potato Bar 3**

**With Ham, Cheddar, Broccoli**  
Cheesy Cornbread  
Tomato Cucumber Salad  
Fruit Selection  
Graham Crackers  
Milk

**Turkey Sloppy Joe 9**

**Or Lentil Sloppy Joe**  
Coleslaw  
Tender Sweet Peas  
Fruit Selection  
Milk

**Deli Sandwich Day 10**

**Turkey and Cheese Sandwich**  
**Or Hummus and Veggie Sandwich**  
On WW Bread  
Lettuce and Tomato  
Homemade Chef Special Soup  
Veggie Sticks and Dip  
Fruit Selection Milk

**Grilled Cheese Sandwich 13**

**Or**  
**Grilled Ham and Cheese**  
Tomato Tortellini Soup  
Garden Cucumber Salad  
Fruit Selection  
Milk

**Meatball Subs 14**

**Or Roasted Veggie Sub**  
**On WW Roll**  
W Cheese and Marinara Sauce  
Roasted Zucchini  
Chick Pea Salad  
Fruit Selection Milk

**Chicken Alfredo Pasta 15**

Tender Sweet Peas  
Sweet Potato Half  
WG Dinner Roll  
Fruit Selection Milk



**Misty Knoll 16**

**Chicken Drumsticks**  
OR Baked Tofu  
Baked Beans  
Brown Rice  
Fruit Selection  
Milk

**Fish and Chips 17**

**Breaded Fish Sticks**  
Oven Baked Potato Wedges  
Tossed Salad  
Sweet Corn Muffin  
Fruit Selection Milk



**Cabot Macaroni and Cheese 20**

Green Peas  
Roasted Carrots and Sweet Potato  
Fruit Selection  
Milk

**Nachos 21**

**WG Tortilla Chips with**  
**Mexican Beef or Beans**  
Homemade Cheese Sauce  
Sour Cream Salsa  
Rice Corn  
Fruit Selection Milk

**PIZZA DAY 22**

**Cheese, Pepperoni or Veggie**  
Caesar Salad w Croutons  
Three Bean Salad  
Fruit Selection  
Milk



**Local Shepherd's Pie with 23**

**Mashed Potatoes**  
Or Lentil Shepherd's Pie  
Garlic Bread Stick  
Buttery Green Beans  
Fruit Selection  
Milk

**Turkey Bacon Wrap 24**

**On WW Tortilla**  
Or Hummus and Veggie Wrap  
Tossed Salad  
With Cucumbers and Carrots  
Fruit Selection  
Milk

**Rotini with Meat Sauce 27**

**Or Marinara**  
Garlic Bread  
Spinach Salad with Mandarin Oranges  
Fruit Selection Milk



**Local Beef or Bean 28**

**TACOS with Lettuce**  
Rice  
Corn  
Salsa and Sour Cream  
Fruit Selection Milk

**Crispy Chicken Tenders 29**

**Or BBQ Baked Tofu**  
Steamed Broccoli  
Cornbread  
Baked Beans  
Fruit Selection  
Milk

**Sliced Roasted Turkey 30**

**With Gravy**  
Mashed Potatoes  
Peas  
Cranberry Sauce  
Dinner Roll  
Fruit Selection Milk

