

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 Local Beef and Cheese Burrito Or Bean and Cheese Burrito

7

Brown Rice
Corn
Chili Roasted Carrots
Fruit Selection Milk

Mandarin Orange Chicken

1

OR
Mandarin Orange Tofu
Roasted Carrots
Brown Rice
Fruit Selection
Milk

PIZZA DAY

8

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

WW Jumbo Cheese Ravioli

2

With Marinara Sauce
Peas
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 Or Lentil Sloppy Joe

9

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 Or Roasted Veggie Sub On WW Roll

14

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 Chicken Drumsticks

16

OR Baked Tofu
Baked Beans
Brown Rice
Fruit Selection
Milk

Crispy Chicken Tenders

17

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 WG Tortilla Chips with Mexican Beef or Beans

21

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 Mashed Potatoes

23

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 TACOS with Lettuce

28

Rice
Corn
Salsa and Sour Cream
Fruit Selection Milk

Crispy Chicken Tenders Or BBQ Baked Tofu

29

Steamed Broccoli
Cornbread
Baked Beans
Fruit Selection
Milk

Sliced Roasted Turkey

30

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



Menu Subject to Change