

SEPTEMBER 2021

Monkton Central School



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

Monday

School Meals Are All Provided at NO COST

to Families for 2021-2022

Tuesday

Wednesday

Thursday

Friday

ALTERNATE MEAL

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

BREAKFAST FOR LUNCH

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

Mandarin Orange Chicken OR

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

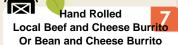
Milk

Baked Potato Bar With Ham, Cheddar, Broccoli

Cheesy Cornbread Tomato Cucumber Salad

> Fruit Selection Graham Crackers Milk

NO SCHOOL



Brown Rice Corn Chili Roasted Carrots Fruit Selection Milk

PIZZA DAY Cheese, Pepperoni or Veggie

Caesar Salad w Croutons Roasted Zucchini and Carrot with Basil

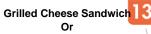
> Fruit Selection Milk

Turkey Sloppy Joe Or Lentil Sloppy Joe

Coleslaw **Tender Sweet Peas** Fruit Selection Milk

Deli Sandwich Day 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 Ham and Cheese

Tomato Tortellini Soup Garden Cucumber Salad Fruit Selection Milk

Meatball Subs Or Roasted Veggie Sub On WW Roll

W Cheese and Marinara Sauce Roasted Zucchini

Chick Pea Salad Fruit Selection Milk

Chicken Alfredo Pasta

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



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

Fish and Chips **Breaded Fish Sticks**

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



Roasted Carrots and Sweet Potato Fruit Selection Milk

Nachos

WG Tortilla Chips with **Mexican Beef or Beans**

Homemade Cheese Sauce Sour Cream Salsa Corn Rice Fruit Selection Milk

PIZZA DAY

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

Local Shepherd's Pie with **Mashed Potatoes**

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

Turkey Bacon Wrap On WW Tortilla

Or Hummus and Veggie Wrap **Tossed Salad** With Cucumbers and Carrots Fruit Selection

Rotini with Meat Sauce Or Marinara

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



Local Beef or Bean **TACOS** with Lettuce

Rice Corn Salsa and Sour Cream Fruit Selection Milk

Crispy Chicken Tenders 10 Or BBQ Baked Tofu

Steamed Broccoli Cornbread **Baked Beans** Fruit Selection Milk

Sliced Roasted Turkey 2 With Gravy

Mashed Potatoes Peas Cranberry Sauce Dinner Roll Fruit Selection Milk



Menu Subject to Change