

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
Fruit Selection Milk

BREAKFAST FOR LUNCH 1

Scrambled Eggs
French Toast Sticks
VT Maple Syrup
Roasted Potatoes
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

PIZZA DAY 8

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

