



AUGUST/SEPTEMBER 2021



FAN FAVORITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL meals are FREE for ALL students</p> <p>Call us anytime for more information 471-2297</p>	All Meals include Fruit Selection	<p>25</p> <p>Crispy Chicken Sandwich or Black Bean Burger on Whole Grain Bun Potato Wedges Buttery Peas</p>	<p>26</p> <p>Meatball Sub or Gardenburger Sub on Whole Grain Roll with Marinara and Cheese Green Beans</p>	<p>27</p> <p>PIZZA-PA-LOOZA Pepperoni or BBQ Chicken or Cheese or Veggie Garden Salad and Ranch</p>
<p>30</p> <p>Breakfast for Lunch French Toast Sticks Cheesy Scrambled Eggs Sausage Patties Potato Wedges VT Maple Syrup</p>	<p>31</p> <p>Chicken Quesadilla or Cheese Quesadilla Seasoned Rice Refried Beans, Corn Salsa, Sour Cream</p>	<p>1</p> <p>Crispy Chicken Tenders or Crispy Tofu with BBQ Sauce Sweet Potato Wedges Steamed Carrots Dinner Roll</p>	<p>2</p> <p>Pasta with Meat Sauce or Marinara Buttery Peas Cottage Cheese Cheesy Bread Stick</p>	<p>3</p> <p>Yang's Orange Chicken or Yang's Orange Tofu Brown Rice Steamed Broccoli Edamame Salad</p>
<p>6</p> <p>LABOR DAY HOLIDAY NO SCHOOL</p>	<p>7</p> <p>Hamburger, Cheeseburger or Garden Burger Potato Wedges Herb Roasted Carrots Tomato Chickpea Salad</p>	<p>8</p> <p>Crispy Chicken or Crispy Tofu Mashed Potatoes Green Beans Baked Beans</p>	<p>9</p> <p>Cheese Lasagna Rolls Steamed Broccoli Roasted Cauliflower Garlic Bread Stick</p>	<p>10</p> <p>PIZZA! PIZZA! Pepperoni or Meat Lover's or Cheese or Veggie Garden Salad and Ranch</p>
<p>13</p> <p>Mac & Cabot Cheese Steamed Broccoli Roasted Carrots 3-Bean Salad Whole Grain Roll</p>	<p>14</p> <p>Philly Cheesesteak or Portobello Cheesesteak on Whole Grain Roll with Peppers and Onions Roasted Red Potatoes Peas and Carrots</p>	<p>15</p> <p>Misty Knoll BBQ Chicken Drumsticks or BBQ Tofu Sweet Potato Wedges BBQ Baked Beans Buttery Green Beans Breadstick</p>	<p>16</p> <p>Baked Ham with Pineapple Scalloped Potatoes Tender Peas Sauteed Greens Whole Grain Roll</p>	<p>17</p> <p>Yang's Teriyaki Chicken or Teriyaki Tofu Brown Rice Steamed Edamame Cucumber Salad</p>
<p>19</p> <p>Bean & Cheese Enchiladas Zesty Rice Sauteed Zucchini Lime Cilantro Slaw</p>	<p>20</p> <p>Popcorn Chicken or Black Bean Burger Strips Sweet Potato Fries Buttery Broccoli Roasted Cauliflower Whole Grain Bread Stick</p>	<p>21</p> <p>Beef or Black Bean Soft Tacos Seasoned Rice Refried Beans Sauteed Corn Salsa, Sour Cream</p>	<p>22</p> <p>Chicken & Biscuit or Garlicky White Bean Stew Buttery Green Beans Roasted Carrots Whole Grain Biscuit</p>	<p>23</p> <p>PIZZA! PIZZA! Pepperoni or Buffalo Chicken or Cheese or Veggie Garden Salad and Ranch</p>
<p>26</p> <p>Grilled Cheese Sandwich Creamy Tomato Soup Peas and Carrots Sweet Potato Wedges Kale Salad</p>	<p>27</p> <p>BBQ Pulled Pork or BBQ Tofu on Whole Grain Bun BBQ Baked Beans Buttery Corn Creamy Coleslaw</p>	<p>28</p> <p>Honey Lemon Chicken or Honey Lemon Tofu Brown Rice Roasted Brussels Sprouts Butternut Squash</p>	<p>29</p> <p>Breaded Fish Filet with Tartar Sauce or Garden Burger Strips Roasted Red Potatoes Green Beans Whole Grain Roll</p>	<p>30</p> <p>General Tso's Chicken or General Tso's Tofu Fried Rice Steamed Broccoli Glazed Carrots</p>

1% White Milk - Chocolate Skim Milk, - White Skim Milk Served with EVERY MEAL

Signature Specials

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Egg Salad Sandwich on Whole Grain Bread Chicken Caesar Salad w/Whole Grain Roll Pepperoni or Hummus Snack Pack</p>	<p>Ham & Cheese on Whole Grain Bread Chef's Salad w/Whole Grain Roll Pepperoni or Hummus Snack Pack</p>	<p>Turkey & Cheese on Whole Grain Bread Greek Salad w/Whole Grain Roll Pepperoni or Hummus Snack Pack</p>	<p>Italian Sub on Whole Grain Hoagie Chicken Cobb Salad w/Whole Grain Roll Pepperoni or Hummus Snack Pack</p>	<p>Turkey BLT on Whole Grain Bread Chicken Caesar Salad w/Whole Grain Roll Pepperoni or Hummus Snack Pack</p>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

****Karen Takeda, Chef Manager **Carmen Jochum, Manager**Lisa Lawrence** Jamie Bryant **Sally Palmer****

PREPARING FRESH, HEALTHY MEALS EVERY DAY SO STUDENTS LEARN AND SUCCEED