

All are welcome! Just show up! No fees! No registration!

**BURLINGTON
SCHOOL
FOOD
PROJECT**



FREE LUNCH

Burlington School Food Project 2019 Summer On-Site Meals Menu

Available at: BHS, The Sustainability Academy, Flynn Elementary, The Boys and Girls Club and King Street Center

LUNCH!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Oven Roasted Chicken Mashed Potatoes Pasta Salad | Pizza Day! Caesar Salad w/ homemade croutons | Taco Boat VT Beef or Beans Lettuce, tomato, cheese Corn Salsa | Turkey Chili w/ Beans & Veggies Seasoned Rice | Hamburger or Veggie Burger PYO Toppings Potato Salad |
| Chicken Nuggets Potato Wedges Dinner Roll | Pizza Day! Caesar Salad w/ homemade croutons | Breakfast Bowl! Egg, Turkey Sausage, Hash browns, & Cheese Fluffy Biscuit | Spaghetti w/ Meat sauce Shredded Mozzarella Garden Salad | Turkey & Cheese Panini Cheddar Sunchips Veggie Sticks & Hummus |
| Oven Roasted Chicken Mashed Potatoes Pasta Salad | Pizza Day! Caesar Salad w/ homemade croutons | Pulled Pork Sandwich Creamy Coleslaw Fresh Fruit Selection | Custom Mac & Cheese Choose from: Fresh Broccoli or VT Beef Green Salad | Hamburger or Veggie Burger PYO Toppings Potato Salad |
| BBQ Chicken Sandwich Fresh Coleslaw w/ Pineapple | Pizza Day! Caesar Salad w/ homemade croutons | Nacho Day! VT Beef/Beans All. The. Toppings! Corn and Bean Salsa | Chicken Parmesan Spaghetti/Sauce Mozzarella Cheese Broccoli w/ Dip | Turkey & Cheese Panini Cheddar Sunchips Veggie Sticks & Hummus |

BREAKFAST!

| | | | | |
|-----------------------------------|------------------------------------------|------------------------------|------------------------------------------|-----------------------------------------|
| Bowl of Cereal & String Cheese | Bagel w/ Cream Cheese | Blueberry or Banana Bread | Yoplait or Danimals Yogurt w/ Grahams | Egg & Cheese English Muffin Sandwich |
| Bowl of Cereal & String Cheese | Yoplait or Danimals Yogurt w/ Grahams | WG Waffle VT Maple Syrup | Bagel w/ Cream Cheese | Egg & Cheese English Muffin Sandwich |

These menus will repeat at the end of each cycle throughout the summer.
Lunch includes daily varieties of fresh vegetables and fruits and a choice of milk.

www.burlingtonschoolfoodproject.org or 802.864.8416 to confirm meal times.

Call 2-1-1 for information on
FREE SUMMER MEALS
for kids across Vermont.
This institution is an equal opportunity provider.

