

BURLINGTON SCHOOL FOOD PROJECT

Elementary & Middle School Lunch Menu - October 2019

Available at: C.P. Smith, J.J. Flynn, Champlain, The Sustainability Academy,
Integrated Arts Academy, Edmunds, Hunt, and Baird

For more information, please contact us at (802) 864-8415 or schoolfood@bsdvt.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Sep 30</p> VT Beef Burger W/ Cheese Roasted Roots Chef Choice Veggie Choice of Fruit	<p align="center">Oct 1</p> Mac & Cheese Dinner Roll Roasted Broccoli Chef Choice Veggie Choice of Fruit	<p align="center">Oct 2</p> Cheesy Breadsticks Bove's Marinara Caesar Salad Chef Choice Veggie Choice of Fruit	<p align="center">Oct 3</p> Chicken & Cheese Burrito PYO toppings Seasoned Beans Choice of Fruit	<p align="center">Oct 4</p> Goulash(Pasta w/VT Beef) Dinner Roll Roasted Broccoli Choice of Fruit
<p align="center">Oct 7</p> Crispy Chicken Sandwich Sweet Potato Fries Chef Choice Veggie Choice of Fruit	<p align="center">Oct 8</p> Teriyaki Chicken Strips Vegetable Lo Mein Vegetable Egg Roll Chef Choice Veggie Choice of Fruit	<p align="center">Oct 9</p> Cheesy Breadsticks Bove's Marinara Caesar Salad Chef Choice Veggie Choice of Fruit	<p align="center">Oct 10</p> Chicken Taco Boat Shredded Cheddar Tomato Salsa CONFETTI CORN SALAD Chef Choice Veggie Choice of Fruit	<p align="center">Oct 11</p> Vegetarian Baked Ziti Dinner Roll Caesar Salad Chef Choice Veggie Choice of Fruit
<p align="center">Oct 14</p> Crispy Chicken Nuggets Vegetarian Rice Pilaf Caesar Salad Chef Choice Veggie Choice of Fruit	<p align="center">Oct 15</p> WG Spaghetti Boves Marinara or Homemade Meat Sauce Dinner Roll Cucumber Wheels Chef Choice Veggie Choice of Fruit	<p align="center">Oct 16</p> Pizza Day Choice of Toppings Caesar Salad Chef Choice Veggie Choice of Fruit	<p align="center">Oct 17</p> Chicken or Bean Fajitas Seasoned Beans Shredded Cheddar Choice of Fruit	<p align="center">Oct 18</p> Early Release Day Lunch on the Run! Grab n Go Bag Lunches
<p align="center">Oct 21</p> VT Beef Burger W/ Cheese Roasted Roots Chef Choice Veggie Choice of Fruit	<p align="center">Oct 22</p> Chicken&Broccoli Alfredo Dinner Roll Carrot Sticks Choice of Fruit	<p align="center">Oct 23</p> Cheesy Breadsticks Bove's Marinara Caesar Salad Chef Choice Veggie Choice of Fruit	<p align="center">Oct 24</p> Cheese/Chicken Quesadilla Grilled Chicken Strips Shredded Cheddar Onions & Peppers Seasoned Black Beans Choice of Fruit	<p align="center">Oct 25</p> Roast Turkey & Gravy Mashed Potatoes Seasonal Vegetables Dinner Roll Cranberry Sauce Choice of Fruit
<p align="center">Oct 28</p> Crispy Chicken Sandwich Veggie Sticks Hummus Chef Choice Veggie Choice of Fruit	<p align="center">Oct 29</p> Vegetarian Baked Ziti Dinner Roll Mediterranean Vegetables Chef Choice Veggie Choice of Fruit	<p align="center">Oct 30</p> Pizza Day Choice of Toppings Caesar Salad Chef Choice Veggie Choice of Fruit	<p align="center">Oct 31</p> VT Beef Taco Boat Shredded Cheddar Onions & Peppers Seasoned Beans Choice of Fruit	<p align="center">Nov 1</p> Grilled Cheese Sandwich Tomato Soup Chef Choice Veggie Choice of Fruit

Menu items are subject to change without notice.

Offered Daily: Fat-Free Flavored, Fat-Free Unflavored, and 1% Unflavored Milk, Daily Salad Bar, & Asst. Fruits!

All grains offered are Whole Grain Rich!

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