

**BURLINGTON SCHOOL FOOD PROJECT**  
**Elementary & Middle School Lunch Menu- January 2021**

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

Monday	Tuesday	Wednesday	Thursday	Friday
01/03/2022 Crispy Chicken Sandwich or Veggie Burger Sweet Potato Fries Chef Choice Veggie Choice of Fruit & Veggies	01/04/2022 Mac & Cheese Dinner Roll Roasted Broccoli Chef Choice Veggie Choice of Fruit & Veggies	01/05/2022 Pizza Day Cheese, Veggie or Special Caesar Salad Chef Choice Veggie Choice of Fruit & Veggies	01/06/2022 Cheese/Chicken Quesadilla Grilled Chicken Strips Shredded Cheddar Onions & Peppers Seasoned Black Beans Choice of Fruit & Veggies	01/07/2022 BBQ Pulled Pork Sandwich BBQ Chicken Sandwich Roasted Corn Seasonal Veggie Slaw Choice of Fruit & Veggies
01/10/2022 Herb Roasted Chicken Boneless Strips for PreK or Seasoned Tofu Vegetarian Rice Pilaf Roasted Broccoli Chef Choice Veggie Choice of Fruit & Veggies	01/11/2022 Spaghetti & Meat Sauce Mozzarella Cheese Dinner Roll Cucumber Wheels Chef Choice Veggie Choice of Fruit & Veggies	01/12/2022 Cheesy Breadsticks Bove's Marinara Caesar Salad Chef Choice Veggie Choice of Fruit & Veggies	01/13/2022 Crispy Chicken Nuggets or Seasoned Tofu Vegetarian Rice Pilaf Caesar Salad Chef Choice Veggie Choice of Fruit & Veggies	01/14/2022 Vegetarian Baked Ziti Dinner Roll Garlic Kale Greens Chef Choice Veggie Choice of Fruit & Veggies
01/17/2022 Grab n Go Bag Lunches	01/18/2022 Chicken&Broccoli Alfredo Dinner Roll Garlic Kale Greens Chef Choice Veggie Choice of Fruit & Veggies	01/19/2022 Pizza Day Cheese, Veggie or Special Caesar Salad Chef Choice Veggie Choice of Fruit & Veggies	01/20/2022 Chicken & Cheese Burrito or Bean & Cheese Burrito Seasoned Beans Mozzarella Cheese Choice of Fruit & Veggies	01/21/2022 Sloppy Joe Roasted Roots Chef Choice Veggie Choice of Fruit & Veggies
01/24/2022 Grilled Cheese Sandwich Veggie Sticks Homemade Hummus Choice of Fruit & Veggies	01/25/2022 Turkey a la King Dinner Roll Garlic Kale Greens Chef Choice Veggie Choice of Fruit & Veggies	01/26/2022 Cheesy Breadsticks Bove's Marinara Caesar Salad Chef Choice Veggie Choice of Fruit & Veggies	01/27/2022 Roast Turkey & Gravy Dinner Roll Mashed Potatoes Stuffing Chef Choice Veggie Cranberry Sauce	01/28/2022 Beefy Chili or Vegetarian Chili Corn Bread Shredded Cheddar Baked Potato Chef Choice Veggie Choice of Fruit & Veggies

Menu items are subject to change without notice.

Offered Daily: Fat-Free Flavored, Fat-Free Unflavored, and 1% Unflavored Milk, Daily Fresh Fruits and Veggies!

All grains offered are Whole Grain Rich!

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