



Offered Daily: Fat-Free Chocolate, Fat-Free Unflavored, and 1% Unflavored Milk, Daily Fresh Fruits and Veggies! Whole grain rich offered!



Offering local food is a central priority for us at the Burlington School Food Project. (802) 864-8415 or schoolfood@bsdvt.org
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
Menu items are subject to change without notice.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast for Lunch! 1
 Egg & Cheese on a Whole Grain English Muffin
 Julie's Berry Smoothie
 Roasted Potatoes
 Choice of Fruit

Macaroni & Cheese 2
 Chef's Garden Salad with House made Dressing
 Whole Grain Garlic Texas Toast
 Choice of Fruit

Chicken Taco's on a Hard Corn Shell (GF) or soft Whole Grain Tortilla with Gringo Jacks Salsa & Shredded Cheese 3
 Choice of Fruit

Sloppy Joe or Tofu Jo's on a Whole Grain Bun With Roasted Root Vegetables Broccoli & Cranberry Salad 4
 Choice of Fruit

Cheesy Breadsticks 7
 Warm Marinara Sauce
 Caesar Salad
 Yogurt Parfaits with Berries & Whole Grain Granola
 Choice of Fruit

BBQ Chicken or Pulled Pork Sandwich on a Whole Grain Bun 8
 Beet and Carrot Slaw
 Choice of Fruit

Chicken Tenders With Mashed Potatoes Sweet Peas 9
 And a Buttermilk Biscuit
 Choice of Fruit

Fish Sandwich on a Whole Grain Bun with Tartar Sauce and Baked Fries & Roasted Corn 10
 Choice of Fruit

Veterans Day 11
 Chicken Alfredo with Broccoli & Whole Grain Pasta
 Garden Salad & a Dinner Roll
 Choice of Fruit

Pizza Day! 14
 Cheese or Buffalo Chicken
 Italian Salad with Whole Grain Croutons and Parmesan
 Choice of Fruit

Shepherd's Pie made with Vermont Beef Garden Salad 15
 Honey Wheat Dinner Roll
 Choice of Fruit

Turkey Hot Dogs or Tempeh Dogs 16
 Baked Beans
 Sweet Potato Fries
 Choice of Fruit

Meatball Sub Sandwiches On a Whole Grain Roll 17
 With Marinara sauce & Cheese
 Garlic Green Beans
 Choice of Fruit

VT Beef Burger or VT Bean Crafters Vegan Burger 18
 On a Whole Grain Bun
 Potato Wedges
 Choice of Fruit

NO SCHOOL TODAY 21

NO SCHOOL TODAY 22

NO SCHOOL TODAY 23

NO SCHOOL TODAY 24

NO SCHOOL TODAY 25

Pizza Day! 28
 Cheese or Buffalo Chicken & Italian Salad with Whole Grain Croutons
 Choice of Fruit

Macaroni & Cheese 29
 Chef's Garden Salad With House made Dressing
 Whole Grain Garlic Texas Toast
 Choice of Fruit

Chicken Tenders 30
 With Mashed Potatoes
 Sweet Peas
 Buttermilk Biscuit
 Choice of Fruit

