

NOVEMBER 2022 BURLINGTON SCHOOL FOOD PROJECT K-8

BREAKFAST



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 Bar
Cabot Cheddar
Fruit Selection
Assorted 100% Fruit Juice

7

Fruit Bread
(Berry,Pumpkin,Zucchini)
Butter or Cream Cheese
Fruit Selection
Assorted 100% Fruit Juice

8

Whole Grain Granola
Yogurt
(Fruit or Plain)
Fruit Selection
Assorted 100% Fruit Juice

9

Assorted Cereals
String Cheese
Fruit Selection
Assorted 100% Fruit Juice

10

Whole Grain Muffin
(Apple or Blueberry)
Cabot Cheddar
Fruit Selection
Assorted 100% Fruit Juice

11

Mini Blueberry Waffles
Honey Roasted Sunflower
Seeds
Fruit Selection
Assorted 100% Fruit Juice

14

Plain or Fruit Yogurt
Cinnamon Graham Crackers
Fruit Selection
Assorted 100% Fruit Juice

15

Assorted Cereals
String Cheese
Fruit Selection
Assorted 100% Fruit Juice

16

Fruit Bread
(Berry,Pumpkin, Zucchini)
Butter or Cream Cheese
Fruit Selection
Assorted 100% Fruit Juice

17

Bagel & Cream Cheese
Choice of Plain or
Cinnamon Raisin
Fruit Selection
Assorted 100% Fruit Juice

18

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

Fruit Bread
(Berry,Pumpkin,Zucchini)
Butter or Cream Cheese
Fruit Selection
Assorted 100% Fruit Juice

28

Bagel & Cream Cheese
Choice of Plain or
Cinnamon Raisin
Fruit Selection
Assorted 100% Fruit Juice

29

Assorted Cereals
String Cheese
Fruit Selection
Assorted 100% Fruit Juice

30

