

DECEMBER 2022 Burlington School Food Project K-8



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



Pizza Day! **5**
 Buffalo, BBQ Chicken or Cheese
 Greek Salad with Feta Cheese
 Choice of Fruit

Grilled Cheese **6**
 Sandwich with Hearty
 Vegetable Soup
 Choice of Fruit

Early Release Day **7**
 Grab and Go bagged Lunches
 Choice of Turkey & Cheese,
 Cheese or Sun-butter sandwich
 Choice of Fruit

Cheese Lasagna Roll **1**
 Marinara & Mozzarella
 Maple Roasted Winter Squash
 Whole Grain Garlic Knot
 Choice of Fruit

Turkey or Tempe Hot Dog **2**
 On a Whole Grain Bun
 Vegetarian Chili
 Sweet Potato Fries
 Choice of Fruit

Cheesy Breadsticks **12**
 Warm Marinara Sauce
 Caesar Salad
 Choice of Fruit

Orange Chicken or Tofu **13**
 Seasoned Brown Rice
 Asian Cabbage Salad
 Choice of Fruit

Spaghetti & Turkey **14**
 Meatballs
 Roasted Broccoli & Texas Toast
 Choice of Fruit

Fish Sandwich on a **8**
 Whole Grain Bun with
 Tartar Sauce and Baked Fries
 & Roasted Corn
 Choice of Fruit

Roasted Seasoned Chicken **9**
 Garlic Green Beans
 Chickpea Cucumber Salad
 Honey Wheat Dinner Roll
 Choice of Fruit

Taco Salad Boat **15**
 Black Bean & Corn Salad
 Local Salsa
 Choice of Fruit

Chicken, Gravy & Biscuits **16**
 Mashed Potatoes
 Roasted Corn
 Choice of Fruit

Pizza Day! **19**
 Buffalo, BBQ Chicken or Cheese
 Greek Salad with Feta Cheese
 Choice of Fruit

BBQ Chicken or Pulled **20**
 Pork Sandwich on a
 Whole Grain Bun
 Beet and Carrot Slaw
 Choice of Fruit

Cheese Lasagna Roll **21**
 Marinara & Mozzarella
 Maple Roasted Winter Squash
 Whole Grain Garlic Knot
 Choice of Fruit

Early Release Day **22**
 Grab and Go bagged Lunches
 Choice of Turkey & Cheese,
 Cheese or Sun-butter sandwich
 Choice of Fruit

No School Today! **23**

No School Today! **26**

No School Today! **27**

No School Today! **28**

No School Today!

No School Today! **30**

Happy Holiday Break Burlington School District