

DECEMBER 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

5

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

6

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

7

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

1

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

2

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

12

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

13

Assorted Cereals
 String Cheese
 Fruit Selection
 Assorted 100% Fruit Juice

14

Assorted Cereals
 String Cheese
 Fruit Selection
 Assorted 100% Fruit Juice

8

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

9

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

19

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

20

Assorted Cereals
 String Cheese
 Fruit Selection
 Assorted 100% Fruit Juice

21

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

15

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

16

No School Today!

26

No School Today!

27

No School Today!

28

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

22

No School Today!

23

No School Today!

29

No School Today!

30