

**BURLINGTON SCHOOL FOOD PROJECT**

**Elementary & Middle School Lunch Menu- January 2023**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="center"><b>01/03/2023</b></p> <p align="center">Crispy Chicken Sandwich or Veggie Burger Sweet Potato Fries Choice of Fruit</p>	<p align="center"><b>01/04/2023</b></p> <p align="center">Pizza Day! Garden Salad Housemade Thousand Island Choice of Fruit</p>	<p align="center"><b>01/05/2023</b></p> <p align="center">Food truck special Veggie Chili Turkey dogs Turkey Hot Dog* Sweet Potato Fries Choice of Fruit</p>	<p align="center"><b>01/06/2023</b></p> <p align="center">Turkey Meatball* Subs Turkey Meatballs Marinara Sauce Green Beans Choice of Fruit</p>
<p align="center"><b>01/09/2023</b></p> <p align="center">Cheesy Breadsticks Marinara Sauce Caesar Salad Choice of Fruit</p>	<p align="center"><b>01/10/2023</b></p> <p align="center">Hamburger W/ Cheese or Veggie Burger Steak Fries Choice of Fruit</p>	<p align="center"><b>01/11/2023</b></p> <p align="center">Taco Salad Boat Shredded Cheddar Black Bean and Corn Salad Housemade Salsa Choice of Fruit</p>	<p align="center"><b>01/12/2023</b></p> <p align="center">Chicken Caesar Salad Wrap Mitzy's Cold Berry Soup Roasted Potatoes Choice of Fruit</p>	<p align="center"><b>01/13/2023</b></p> <p align="center">Goulash(Pasta w/VT Beef) Dinner Roll Roasted Broccoli Choice of Fruit</p>
<p align="center"><b>01/16/2023</b></p> <p align="center">Early Release Day Lunch on the Run! Grab n Go Bag Lunches</p>	<p align="center"><b>01/17/2023</b></p> <p align="center">Baja Fish Tacos Chipotle Ranch Sauce Pineapple Coleslaw Choice of Fruit</p>	<p align="center"><b>01/18/2023</b></p> <p align="center">Roasted Chicken Pieces Boneless Strips for PreK Maple Roasted Squash Dinner Roll Green Beans Choice of Fruit</p>	<p align="center"><b>01/19/2023</b></p> <p align="center">Grilled Cheese Sandwich Hearty Vegetable Soup Roasted Roots Choice of Fruit</p>	<p align="center"><b>01/20/2023</b></p> <p align="center">Crispy Chicken Sandwich or Veggie Burger Roasted Roots Choice of Fruit</p>
<p align="center"><b>01/23/2023</b></p> <p align="center">Cheesy Breadsticks Marinara Sauce Caesar Salad Choice of Fruit</p>	<p align="center"><b>01/24/2023</b></p> <p align="center">BBQ Chicken Sandwich Seasonal Veggie Slaw Roasted Vegetables Choice of Fruit</p>	<p align="center"><b>01/25/2023</b></p> <p align="center">Chicken Tenders Mashed Potatoes Sweet Peas Biscuit Choice of Fruit</p>	<p align="center"><b>01/26/2023</b></p> <p align="center">Fish Sandwich Oven Fries Roasted Corn Tartar sauce Choice of Fruit</p>	<p align="center"><b>01/27/2023</b></p> <p align="center">Chicken Broccoli Alfredo Garden Salad Dinner Roll Choice of Fruit</p>
<p align="center"><b>01/30/2023</b></p> <p align="center">Pizza Day! Garden Salad with Chick peas Choice of Fruit</p>	<p align="center"><b>01/31/2023</b></p> <p align="center">English Muffin Sandwich w/ Egg &amp; Cheese Turkey Sausage Mitzy's Cold Berry Soup Roasted Potatoes Choice of Fruit</p>			

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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