

- 2023 -

APRIL

Kitchen Supervisor: Holly Thompson

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Integrated Arts Academy



Keep a lookout for signs of spring!



Vegetarian options are available daily. Just ask your wonderful cooks.

3

All Beef Hotdog
Vegetarian Chili
Roasted Butternut Squash

Salad Bar & Milk

4

Chicken Curry
Seasoned Rice
Cold Mango

Salad Bar & Milk

5

VT Beef Goulash
Garlic Bread
Roasted Broccoli

Salad Bar & Milk

6

Chicken & Waffles
w/ Maple Syrup
Sweet Potato

Salad Bar & Milk

7

Fish Sandwich
Potato Wedges
Crunchy Ranch Slaw

Salad Bar & Milk

10

Cabot Grilled Cheese Sandwich
Tomato Soup
Carrots & Ranch

Salad Bar & Milk

11

TACO TUESDAY
Turkey or Bean Tacos
Roasted Corn
Fresh Sweet Peppers

Salad Bar & Milk

12

Roasted Chicken
Buttery Mashed Potatoes
Steamed Broccoli

Salad Bar & Milk

13

PIZZA DAY
BBQ Chicken or Cheese
Caesar Salad
Roasted Chickpea Croutons

Salad Bar & Milk

14

Cheese Lasagna
Buttered Peas & Corn
Garlic Knots

Salad Bar & Milk

17

Chicken Tenders
Maple Baked Beans
Spinach, Apple & Cheddar Salad

Salad Bar & Milk

18

VT Sloppy Joes
Sweet Potato Wedges
Creamy Slaw

Salad Bar & Milk

19

Teriyaki Chicken
Seasoned Rice
Roasted Vegetables

Salad Bar & Milk

20

Quesadillas
Cheese or Chicken
Roasted Cauliflower
Pineapple

Salad Bar & Milk

21

VT Beef Burgers
w/ Cheese
Steak Fries

Salad Bar & Milk

24

No School

25

No School

26

No School

27

No School

28

No School