



- 2023 -

MARCH

Kitchen Supervisor- Cindy Gordon

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

CP Smith Elementary

Minestrone Soup

All K-5 students have been cooking with Ms. Jen Trapani on Tuesdays. The focus has been on a delicious vegetable rich minestrone soup that will be featured on 3/29.



Maple Sugaring Month

The taps are flowing in the month of March and our sugar-makers are hard at work. We are showcasing syrup from the **Couching Lion** sugar bush in Huntington, VT.



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

6

No School

7

No School

8

Cheesy Bread Sticks
Marinara Sauce
Buttery Green Beans
Kiwi Halves

Salad Bar & Milk

9

Quesadillas
Cheese or Chicken
Roasted Cauliflower
Black Beans & Rice

Salad Bar & Milk

10

Breakfast for Lunch
Chicken Sausage, Egg
& Cheese Sandwich
Maple Sweet Potatoes
Oranges


Salad Bar & Milk

13

Nacho Day

Beef or Black Bean
Roasted Corn
Rice

Salad Bar & Milk

14

Fish Sandwich
w/ Tartar Sauce
Maple Roasted
Carrots
Fruit Salad


Salad Bar & Milk

15

Orange Chicken
Fried Vegetable Rice
Garlic Roasted
Broccoli

Salad Bar & Milk

16

PIZZA DAY
Buffalo Chicken or
Cheese
Pink Grapefruit

Salad Bar & Milk

17

BBQ Pork Sandwich
Buttered Green Beans
Seasoned Potato
Wedges

Salad Bar & Milk

20

**Beef Burger
or Black Bean Burger**
w/ Cabot Cheese
Maple Baked Beans
Steak Fries


Salad Bar & Milk

21

Roasted Chicken
Curried Cauliflower
Crunchy Slaw
Roll

Salad Bar & Milk

22

Beef Shepherd's Pie
Green Beans
Biscuit

Salad Bar & Milk

23

Grab & Go Lunch
Deli Sandwich
Sun Chips
Local Apple

(Half Day)

24

No School

27

**Chicken Patty
Sandwich
or Black Bean Burger**
Sweet Potato Fries
Roasted Broccoli

Salad Bar & Milk

28

Turkey Taco Pie
Buttery Corn
Garden Salad
W/Maple Balsamic
Dressing


Salad Bar & Milk

29

**Ms. Jen's Minestrone
Soup
w/ Grilled Cheese**
Fruit Salad

Salad Bar & Milk

30

Turkish Chicken
w/ Pita
Cucumber Sauce
Chickpea Salad

Salad Bar & Milk

31

Mac & Cheese
Steamed Vegetables
Baby Kale Caesar

Salad Bar & Milk