



- 2023 -

MARCH

Kitchen Supervisor- Julie Davis

WEDNESDAY

THURSDAY

FRIDAY

1	No School	2	No School	3	No School
4	No School	5	No School	6	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	18	No School
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	25	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		

Champlain Elementary

Minestrone Soup

All K-5 students have been cooking with Ms. Jen Trapani on Fridays. 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.