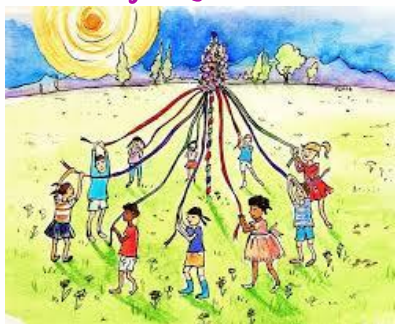


- 2023 -
MAY

Kitchen Manager: **Holly Thompson**

Integrated Arts Academy

HAPPY SPRING!



VT Beef on the menu comes from our partners, *VT Livestock* in Ferrisburgh.

What is Tajin?

A spicy and tart seasoning popular in Mexico. Delicious sprinkled on mangoes, melons & cucumbers.

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



MONDAY

1 **Chicken Patty Sandwich or Black Bean Burger**
Roasted Broccoli

Salad Bar & Milk

8 **Cheesy Bread Sticks**
Marinara Sauce
Buttered Green Beans

Salad Bar & Milk

15 **Penne Alfredo**
Steamed Vegetable
Garlic Bread

Salad Bar & Milk

22 **Fish Sandwich**
Potato Wedges
Crunchy Slaw

Salad Bar & Milk

29

NO SCHOOL

TUESDAY

2 **TACO TUESDAY**
Fish or Bean Tacos
Zesty Sweet Potatoes
Chipotle Ranch Slaw

Salad Bar & Milk

9 **VT Shepherd's Pie**
Biscuit
Garlicky Broccoli

Salad Bar & Milk

16 **VT Beef or Black Bean Burger**
Steak Fries
Creamy Slaw

Salad Bar & Milk

23 **Turkey Taco Pie**
Buttery Corn
Mango w/ Tajin

Salad Bar & Milk

30 **Turkish Chicken w/ Pita**
Cucumber Sauce
Chickpea Salad

Salad Bar & Milk

WEDNESDAY

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

Salad Bar & Milk

10 **Grab & Go Lunch**
Deli Sandwich
Sun Chips
Apple Sauce

EARLY RELEASE DAY

17 **Herb Roasted Chicken**
Curried Cauliflower
Whole Wheat Roll

Salad Bar & Milk

24 **VT Sloppy Joe**
Baked Sweet Potato w/ Cinnamon

Salad Bar & Milk

31 **VT Beef Goulash**
Roasted Broccoli
Whole Wheat Roll

Salad Bar & Milk

THURSDAY

4 **Orange Chicken**
Seasoned Rice w/ Vegetables

Salad Bar & Milk

11 **NACHO DAY**
VT Beef & Black Beans
Roasted Corn
Rice

Salad Bar & Milk

18 **Cabot Grilled Cheese w/ Minestrone Soup**
Citrus Wedges

Salad Bar & Milk

25 **All Beef Hotdogs**
Vegetarian Chili
Roasted Broccoli

Salad Bar & Milk

FRIDAY

5 **PIZZA DAY**
BBQ Chicken or Cheese
Caesar Salad
Chickpea Croutons

Salad Bar & Milk

12 **BBQ Pork Sandwich**
Potato Wedges
Pineapple

Salad Bar & Milk

19 **Chicken Tenders**
Maple Baked Beans
Spring Garden Salad

Salad Bar & Milk

26 **Lasagna**
Steamed Vegetables
Garlic Bread

Salad Bar & Milk