

- 2023 -

# SEPTEMBER

FRIDAY

Kitchen Supervisor- Edith Ducharme

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

## Smith Elementary School

### School Gardens News

The pollinators have been busy, the flowers are blooming and there are lots of treats ready for harvest!



### What's Local in the Cafeteria?

Tomatoes, Carrots, Lettuce, Beef, Cheese, Yogurt & Maple Syrup

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



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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

1

Chicken or Cheese Quesadilla  
Black Beans  
Roasted Cauliflower

Salad Bar & Milk

4

Labor Day

5

Fish & Chips  
Potato Wedges  
Creamy Coleslaw  
Roll

Salad Bar & Milk

6

Herbed Roasted Chicken or Hummus Plate

Buttery Corn  
Garlic Bread

Salad Bar & Milk

7

Cabot Grilled Cheese  
Homemade Tomato Soup

VT Carrots Sticks & Hummus

Salad Bar & Milk

8

Teriyaki Chicken or Tofu  
Rice

Garlic Roasted Broccoli

Salad Bar & Milk

11

Crispy Chicken Sandwich or Black Bean Burger  
Sweet Potato Fries  
Garlicky Edamame

Salad Bar & Milk

12

Sweet & Sour Chicken or Tofu  
Seasoned Rice w/ Vegetables

Salad Bar & Milk

13

Baked Ziti  
Garlic Bread  
Roasted Broccoli  
Cottage Cheese & Pears

Salad Bar & Milk

14

All Beef Hotdog  
Vegetarian Chili  
Roasted Squash

Salad Bar & Milk

15

PIZZA DAY!  
BBQ Chicken or Cheese  
VT Caesar Salad

Salad Bar & Milk

18

VT Mac & Cheese  
Steamed Broccoli  
Caesar Salad

Salad Bar & Milk

19

VT Beef Burger or Black Bean Burger  
Steak Fries

Salad Bar & Milk

20

Chicken & Waffles or Crispy Tofu  
w/ VT Maple Syrup  
Sweet Potato  
Homefries

Salad Bar & Milk

21

VT Beef Shepherd's Pie  
Buttery Biscuit  
Sweet Corn

Salad Bar & Milk

22

Cheesy Breadsticks  
Marinara  
Buttered Green Beans

Salad Bar & Milk

25

Cheese Lasagna  
Buttered Peas  
Garlic Bread

Salad Bar & Milk

26

TACO TUESDAY!  
Turkey or Black Bean  
VT Pepper Strips  
Roasted Corn

Salad Bar & Milk

27

Chicken Tenders or Crispy Tofu  
VT Maple Baked Beans  
Spinach Salad

Salad Bar & Milk

28

Breakfast 4 Lunch  
Breakfast Sandwiches  
VT Maple Sweet Potatoes

Salad Bar & Milk

29

Fish Sandwich w/ Tartar Sauce  
Roasted Cauliflower

Salad Bar & Milk

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1

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4

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