

- 2023 -

SEPTEMBER

FRIDAY

Kitchen Supervisor- Mitzy Foy

Flynn 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.



© 2022 Simply Good Food, LLC

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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

1

Chicken or Cheese Quesadilla
Black Beans
Roasted Cauliflower

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

- 2023 -

SEPTEMBER

FRIDAY

1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4

5

6

7

8

11

12

13

14

15

18

19

20

21

22

25

26

27

28

29