

- 2023 -

# SEPTEMBER

FRIDAY

Kitchen Supervisor- Ashley Gaudette

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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

## Hunt Middle 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.



- 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