

- 2023 -

SEPTEMBER

FRIDAY

Kitchen Supervisor- Holly Thompson

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

Chicken or Cheese Quesadilla
Black Beans
Roasted Cauliflower

Salad Bar & Milk

Integrated Arts Academy



What's Local in the Cafeteria?

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

BURLINGTON SCHOOL FOOD PROJECT



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



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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