

- 2023 -

NOVEMBER

Kitchen Supervisor - Melissa Foy

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Flynn Elementary

Night! Night! School Gardens

Your beautiful school gardens have been tucked away for the winter. Seeds and perennial plants are heading into sleep mode and will re-emerge after mud season in spring.



Fresh Fruit & Vegetable Bar offered everyday with meals. **Local** apples, carrots, spinach and kale can be found on most lunch lines this time of year.

6

Penne Alfredo
Plain or w/Chicken
Steamed Vegetables
Garlic Bread

7

Turkish Chicken
-or-
Falafel
Cucumber Sauce
Hummus & Veg Sticks
Toasted Flatbread

8

BBQ Chicken
-or-
BBQ Vegetarian
Meatballs
Roasted Cauliflower
Maple Baked Beans
Biscuit

9

Beef Burger
-or-
Black Bean Burger
Steak Fries
Fruit Salad

10

Roasted Turkey w/
Gravy
-or-
BBQ Veg Meatballs
Mashed Potatoes
Buttery Peas
Roll

13

Chicken Fillet
Sandwich
-or-
Falafel Sandwich
Sweet Potato Fries
Black Bean Salad

14

Teriyaki Chicken
-or-
Teriyaki Vegetarian
Meatballs
Vegetable Rice
Roasted Broccoli

15

VT Turkey Shepherd's
Pie
-or-
Vegetarian
Shepherd's Pie
Roasted Green Beans
Biscuit

16

All Beef Hotdog
-or-
Veggie Burger
Vegetarian Chili
Roasted Butternut
Squash

17

VT Mac & Cheese
Steamed Vegetables
Caesar Salad
Roasted Chickpeas

20

No School

21

No School

22

No School

23

No School

24

No School

27

VT Pizza Day!
Buffalo Chicken or
Cheese
Caesar Salad
Cinnamon Apple
Sauce

28

Cabot Grilled Cheese
Tomato Soup
Roasted Curried
Cauliflower

29

Roasted Chicken
-or-
Veggie Burger
Maple Roasted
Squash
Biscuit

30

BBQ Pork Sandwich
-or-
BBQ Vegetarian
Meatballs
Honey Carrots
Fruit Salad