

- 2023 -

# NOVEMBER

Kitchen Supervisor - Ashley Gaudette

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## LC Hunt Middle School

### 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.

<b>6</b> Penne Alfredo Plain or w/Chicken Steamed Vegetables Garlic Bread	<b>7</b> Turkish Chicken -or- Falafel Cucumber Sauce Hummus & Veg Sticks Toasted Flatbread	<b>8</b> BBQ Chicken -or- BBQ Vegetarian Meatballs Roasted Cauliflower Maple Baked Beans Biscuit	<b>9</b> Beef Burger -or- Black Bean Burger Steak Fries Fruit Salad	<b>10</b> Roasted Turkey w/ Gravy -or- BBQ Veg Meatballs Mashed Potatoes Buttery Peas Roll
<b>13</b> Chicken Fillet Sandwich -or- Falafel Sandwich Sweet Potato Fries Black Bean Salad	<b>14</b> Teriyaki Chicken -or- Teriyaki Vegetarian Meatballs Vegetable Rice Roasted Broccoli	<b>15</b> VT Turkey Shepherd's Pie -or- Vegetarian Shepherd's Pie Roasted Green Beans Biscuit	<b>16</b> All Beef Hotdog -or- Veggie Burger Vegetarian Chili Roasted Butternut Squash	<b>17</b> VT Mac & Cheese Steamed Vegetables Caesar Salad Roasted Chickpeas
<b>20</b> No School	<b>21</b> No School	<b>22</b> No School	<b>23</b> No School	<b>24</b> No School
<b>27</b> VT Pizza Day! Buffalo Chicken or Cheese Caesar Salad Cinnamon Apple Sauce	<b>28</b> Cabot Grilled Cheese Tomato Soup Roasted Curried Cauliflower	<b>29</b> Roasted Chicken -or- Veggie Burger Maple Roasted Squash Biscuit	<b>30</b> BBQ Pork Sandwich -or- BBQ Vegetarian Meatballs Honey Carrots Fruit Salad	

**1**  
Breaded Fish Sticks  
-or-  
Crispy Tofu  
Sweet Potato Wedges  
Rainbow Slaw

**2**  
Orange Chicken  
-or-  
Sweet & Sour  
Vegetarian Meatballs  
Vegetable Rice  
Roasted Broccoli

**3**  
VT Pizza Day!  
BBQ Chicken or  
Cheese  
Caesar Salad  
Cottage Cheese &  
Pineapple