

- 2023 -

# NOVEMBER

Kitchen Supervisor - Holly Thompson

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Integrated Arts Academy

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

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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.