

- 2023 -

# NOVEMBER

Kitchen Supervisor - Dawn Hathaway & Cindy Gordon

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Sustainability 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**  
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

