

- 2024 -

# JANUARY

Kitchen Supervisor- Melissa Foy

## Flynn Elementary School



### DAILY VEGETARIAN OFFERINGS:

**MONDAYS-** Meatless Nuggets

**TUESDAYS-** Black Bean Burger

**WEDNESDAYS-** Meatless Chicken Patty

**THURSDAYS-** Veggie Grillers

**FRIDAYS-** Vegetarian Chili



### MONDAY

1

NO SCHOOL

8

**Cheesy Breadsticks**  
Marinara Sauce  
Seasoned Vegetable Medley  
Sliced Pears

Salad Bar & Milk

15

NO SCHOOL

22

**Cheese Lasagna**  
Roasted Broccoli  
Garlic Bread

Salad Bar & Milk

29

**BBQ Chicken Sandwich**  
Cinnamon Sweet Potato  
Rainbow Slaw

Salad Bar & Milk

### TUESDAY

2

**Crispy Chicken Sandwich**  
Sweet Potato Waffle  
Fries  
Roasted Broccoli

Salad Bar & Milk

9

**All Beef Hotdog**  
Vegetarian Chili  
Roasted Butternut Squash

Salad Bar & Milk

16

**VT PIZZA DAY**  
Buffalo Chicken or Cheese  
Caesar Salad  
Roasted Chickpeas

Salad Bar & Milk

23

**Crispy Chicken Tenders**  
Maple Baked Beans  
Spinach, Apple & Cheddar Salad

Salad Bar & Milk

30

**NACHO DAY!**  
Seasoned Beef and/or Black Beans  
Cheese Sauce  
Roasted Corn

Salad Bar & Milk

### WEDNESDAY

3

**Teriyaki Chicken**  
Vegetable Rice  
Garlicky Peas

Salad Bar & Milk

10

**Turkey Tacos**  
Black Beans  
Cheese, Lettuce & Tomato  
Roasted Corn

Salad Bar & Milk

17

**Herb Roasted Chicken**  
Maple Roasted Butternut Squash  
WW Biscuit

Salad Bar & Milk

24

**Breakfast for Lunch**  
Chicken Sausage, Egg & Cheese  
-or- Egg & Cheese Sandwiches  
Hashbrown Patty  
Salad Bar & Milk

31

**Breaded Fish Sticks**  
Tartar Sauce  
Roasted Potato Wedges  
Garlic Peas

Salad Bar & Milk

### THURSDAY

4

**Sloppy Joe**  
Baked Potato  
Creamy Slaw

Salad Bar & Milk

11

**Chicken & Waffles**  
Crispy Chicken  
Waffles w/ VT Maple Syrup  
Roasted Green Beans

Salad Bar & Milk

18

**Cabot Grilled Cheese**  
Tomato Soup  
Curry Roasted Cauliflower

Salad Bar & Milk

25

**Turkey Meatball Sub**  
Sweet Potato Waffle  
Fries  
Caesar Salad

Salad Bar & Milk

### FRIDAY

5

**VT Mac & Cheese**  
Caesar Salad  
Roasted Chickpeas

Salad Bar & Milk

12

**Baked Ziti**  
Roasted Broccoli  
Garlic Bread  
Cottage Cheese & Fruit

Salad Bar & Milk

19

**Beef & Broccoli**  
Edamame & Carrot  
Salad  
Rice

Salad Bar & Milk

26

**Quesadilla**  
Cheese or Chicken  
Roasted Corn & Peppers  
Black Beans & Rice

Salad Bar & Milk