

- 2024 -

FEBRUARY

Kitchen Supervisor- Mitzy Foy

Flynn Elementary School

Turkish Chicken (Shawarma)

is a blend of cumin, cardamom, coriander and paprika. This dish is based on a Middle Eastern street food. Enjoy it with Cucumber Sauce (Tzatziki) and a Flatbread (Pita).



DAILY VEGETARIAN OFFERINGS:

MONDAYS- Meatless Nuggets

TUESDAYS- Black Bean Burger

WEDNESDAYS- Meatless Chicken Patty

THURSDAYS- Veggie Grillers

FRIDAYS- Vegetarian Chili

MONDAY

5 **Cheesy Lasagna**
Steamed Vegetables
Garlic Bread

Salad Bar & Milk

12 **Chicken Fillet Sandwich**
Sweet Potato Waffle Fries

Salad Bar & Milk

19 **Cheesy Bread Sticks**
Marinara Sauce
Seasoned Vegetables
Pears

Salad Bar & Milk

26

No School

TUESDAY

6 **VT Beef Burgers**
Cheese
Creamy Ranch Slaw
Mango

Salad Bar & Milk

13 **Teriyaki Chicken**
Vegetable Fried Rice
Peas

Salad Bar & Milk

20 **Chicken Tenders**
Baked Potato
Creamy Slaw
WW Biscuit

Salad Bar & Milk

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No School

WEDNESDAY

7 **Roasted BBQ Chicken**
Cauliflower
Maple Baked Beans
WW Biscuit

Salad Bar & Milk

14 **Corn Dog**
Vegetarian Chili
Roasted Butternut Squash
Strawberry Ice Cream
 Salad Bar & Milk

21 **Turkey Tacos**
Black Beans
Shredded Cheese
Lettuce & Tomato
Roasted Corn

Salad Bar & Milk

28

No School

THURSDAY

1 **Orange Chicken**
Vegetable Rice
Garlicky Broccoli

Salad Bar & Milk

8 **Turkish Chicken**
Cucumber Sauce
Hummus
Tomato Salad
Flatbread

Salad Bar & Milk

15 **VT PIZZA DAY**
Turkey Bacon
or Cheese
Caesar Salad
Roasted Chickpeas

Salad Bar & Milk

22 **Chicken & Waffles**
VT Maple Syrup
Roasted Green Beans
Frozen Blueberries

Salad Bar & Milk

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No School

FRIDAY

2 **VT PIZZA DAY**
BBQ Chicken or Cheese
Caesar Salad
Cottage Cheese & Pineapple
Salad Bar & Milk

9 **Chicken Sausage, Egg & Cheese or Egg & Cheese Sandwich**
Hashbrown Patty
Sliced Oranges

Salad Bar & Milk

16 **VT Mac & Cheese**
Roasted Broccoli
Cinnamon Apple Sauce

Salad Bar & Milk

23 **Cabot Grilled Cheese**
Tomato Soup
Roasted Edamame

Salad Bar & Milk

BURLINGTON SCHOOL FOOD PROJECT

