

- 2024 -

FEBRUARY

Kitchen Supervisor- Holly Thompson

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Integrated Arts Academy

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).



5 Cheesy Lasagna
Steamed Vegetables
Garlic Bread

Salad Bar & Milk

6 VT Beef Burgers
Cheese
Creamy Ranch Slaw
Mango

Salad Bar & Milk

7 Roasted BBQ Chicken
Cauliflower
Maple Baked Beans
WW Biscuit

Salad Bar & Milk

8 Turkish Chicken
Cucumber Sauce
Hummus
Tomato Salad
Flatbread

Salad Bar & Milk

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

Salad Bar & Milk

12 Chicken Fillet Sandwich
Sweet Potato Waffle
Fries

Salad Bar & Milk

13 Teriyaki Chicken
Vegetable Fried Rice
Peas

Salad Bar & Milk

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

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

Salad Bar & Milk

16 VT Mac & Cheese
Roasted Broccoli
Cinnamon Apple Sauce

Salad Bar & Milk

19 Cheesy Bread Sticks
Marinara Sauce
Seasoned Vegetables
Pears

Salad Bar & Milk

20 Chicken Tenders
Baked Potato
Creamy Slaw
WW Biscuit

Salad Bar & Milk

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

Salad Bar & Milk

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

Salad Bar & Milk

23 Cabot Grilled Cheese
Tomato Soup
Roasted Edamame

Salad Bar & Milk

26

No School

27

No School

28

No School

29

No School

DAILY VEGETARIAN OFFERINGS:

MONDAYS- Meatless Nuggets

TUESDAYS- Black Bean Burger

WEDNESDAYS- Meatless Chicken Patty

THURSDAYS- Veggie Grillers

FRIDAYS- Vegetarian Chili

BURLINGTON SCHOOL FOOD PROJECT

