

- 2024 -
MAY

Kitchen Supervisor- Holly Thompson

Integrated Arts Academy



DAILY VEGETARIAN OFFERINGS:

MONDAYS- Meatless Nuggets

TUESDAYS- Black Bean Burger

WEDNESDAYS- Meatless Chicken Patty

THURSDAYS- Veggie Grillers

FRIDAYS- Black Bean Burger

MONDAY

6 **BBQ Chicken Sandwich**
Baked Cinnamon
Sweet Potato
Creamy Slaw

Fruit & Vegetable Bar
Milk

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

Fruit & Vegetable Bar
Milk

20 **Cheesy Bread Sticks**
Marinara
Herb Seasoned
Vegetables

Fruit & Vegetable Bar
Milk

27

No School

TUESDAY

7 **Cheesy Bread Sticks**
Marinara
Herb Seasoned
Vegetables
Caesar Salad

Fruit & Vegetable Bar
Milk

14 **Breakfast for Lunch**
Chicken Sausage, Egg
& Cheese Sandwich
Hashbrown Patty
Sliced Oranges

Fruit & Vegetable Bar
Milk

21 **Chicken Corn Dog**
Vegetarian Chili
Roasted Butternut
Squash

Fruit & Vegetable Bar
Milk

28 **Orange Chicken**
Vegetable Rice
Garlic Broccoli

Fruit & Vegetable Bar
Milk

WEDNESDAY

1 **VT Beef Nachos**
Black Beans
Cheese Sauce
Roasted Corn
Salsa

Fruit & Vegetable Bar
Milk

8 **Fish Sandwich**
Tartar Sauce
Curried Cauliflower
Sunshine Salad

Fruit & Vegetable Bar
Milk

15 **-Early Release-**

Deli Sandwiches
Chips
Fruit

22 **VT Turkey Tacos**
Black Beans
Lettuce & Tomatoes
Roasted Corn
Guacamole

Fruit & Vegetable Bar
Milk

29 **Turkey Meatball Sub**
Sweet Potato Waffle
Fries
Roasted Zucchini

Fruit & Vegetable Bar
Milk

THURSDAY

2 **General Tso's Chicken**
Rice
Roasted Garlic
Broccoli

Fruit & Vegetable Bar
Milk

9 **VT Beef Burgers**
w/ cheese
Maple Baked Beans
Roasted Potatoes

Fruit & Vegetable Bar
Milk

16 **Pizza Day**
Turkey Bacon or
Cheese
Caesar Salad
Cottage Cheese & Pears

Fruit & Vegetable Bar
Milk

23 **Crispy Chicken**
Waffles
VT Maple Syrup
Baked Beans
Frozen Strawberries

Fruit & Vegetable Bar
Milk

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

Fruit & Vegetable Bar
Milk

FRIDAY

3 **Chicken or Cheese Quesadillas**
Black Beans & Rice
Roasted Corn &
Peppers

Fruit & Vegetable Bar
Milk

10 **Penne Alfredo w/Chicken**
Roasted Broccoli
Garlic Bread

Fruit & Vegetable Bar
Milk

17 **Cabot Mac & Cheese**
Roasted Cauliflower
Cinnamon Apple
Sauce

Fruit & Vegetable Bar
Milk

24 **Vegetable Curry**
Chicken or Tofu
Toasted Flatbread
Mango

Fruit & Vegetable Bar
Milk

31 **Pizza Day!**
Buffalo Chicken or
Cheese
Caesar Salad
Roasted Chickpeas

Fruit & Vegetable Bar
Milk