

2024

SEPTEMBER

Flynn Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
No School

3
Cheesy Breadsticks
Marinara Sauce
Herb Roasted Zucchini
Fruit & Vegetable Bar
Milk

4
VT Turkey Tacos
Black Beans
Roasted Corn
Guacamole
Fruit & Vegetable Bar
Milk

5
Chicken & Waffles
Maple Syrup
Roasted Butternut Squash
Fruit & Vegetable Bar
Milk

6
All Beef Hotdog
Oven Fries
Baked Beans
Fruit & Vegetable Bar
Milk

9
PIZZA DAY
Buffalo Chicken or Cheese
Caesar Salad
Roasted Chickpeas
Fruit & Vegetable Bar
Milk

10
Orange Chicken
Rice
Garlic Roasted Broccoli
Fruit & Vegetable Bar
Milk

11
Cabot Grilled Cheese
Tomato Soup
Roasted Curry Cauliflower
Fruit & Vegetable Bar
Milk

12
VT Beef Nachos
Black Beans
Cheese Sauce
Salsa
Mango w/ Tajin
Fruit & Vegetable Bar
Milk

13
Spaghetti and VT Meat Sauce
Roasted Carrot Coins
Garlic Bread
Fruit & Vegetable Bar
Milk

16
Cheesy Lasagna
Garlic & Herb Zucchini
Dinner Roll
Fruit & Vegetable Bar
Milk

17
Crispy Chicken Tenders
Mashed Potatoes
Roasted Broccoli
Fruit & Vegetable Bar
Milk

18
Turkey Meatball Sub
Sweet Potato Waffle Fries
Cucumbers w/ Hummus
Fruit & Vegetable Bar
Milk

19
Fish Sticks
w/ Tartar Sauce
Potato Wedges
Roasted Cauliflower
Fruit & Vegetable Bar
Milk

20
Chicken & Cheese Quesadilla
Roasted Corn
Black Beans
Fruit & Vegetable Bar
Milk

23
Cheesy Breadsticks
Marinara
Carrots & Ranch
Fruit & Vegetable Bar
Milk

24
VT Beef Burger
w/ Cheese
Maple Baked Beans
Spinach & Apple Salad
Fruit & Vegetable Bar
Milk

25
Chicken Corndog
Roasted Potatoes
Local Apples
Fruit & Vegetable Bar
Milk

26
EARLY RELEASE DAY
Turkey Lettuce & Cheese Croissant
Chips
Fruit

27
Baked Ziti
Roasted Broccoli
Garlic Bread
Fruit & Vegetable Bar
Milk

30
Crispy Chicken Patty Sandwich
Sweet Potato Waffle Fries
Fresh Broccoli & Ranch
Fruit & Vegetable Bar
Milk

DAILY VEGETARIAN OFFERINGS:
MONDAYS- Meatless Nuggets
TUESDAYS- Black Bean Burger
WEDNESDAYS- Meatless Chicken Patty
THURSDAYS- Veggie Grillers
FRIDAYS- Black Bean Burger