

2025

SEPTEMBER

Pre-K to 5th grade



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day	2 Breakfast for Lunch Chicken Sausage, Egg & Cheese Hashbrown Broccoli w/ Ranch Fruit & Vegetable Bar Milk	3 Turkish Chicken w/ Flatbread Cucumber Sauce Carrot Sticks Hummus Fruit & Vegetable Bar Milk	4 VT Turkey Tacos Black Beans Roasted Corn Guacamole Fruit & Vegetable Bar Milk	5 Chicken & Waffles VT Maple Syrup Roasted Butternut Squash Cucumber Coins Fruit & Vegetable Bar Milk
8 Cheesy Lasagna Roll Garlic & Herb Zucchini Fruit & Vegetable Bar Milk	9 Misty Knoll Chicken Mashed Potatoes Buttery Peas Biscuit Fruit & Vegetable Bar Milk	10 Cabot Grilled Cheese Tomato Soup Carrots, Celery & Ranch Fruit & Vegetable Bar Milk	11 Turkey Pepperoni Pizza Roll Marinara Garlic Roasted Green Beans Fruit & Vegetable Bar Milk	12 Spaghetti w/ VT Meat Sauce Roasted Carrot Coins Garlic Bread Fruit & Vegetable Bar Milk
15 Chicken Tenders Oven Fries Garlicky Peas Roll Fruit & Vegetable Bar Milk	16 Chicken or Cheese Quesadillas Roasted Corn Black Beans Fruit & Vegetable Bar Milk	17 Turkey Meatball Sub Sweet Potato Waffle Fries Cucumber Coins Fruit & Vegetable Bar Milk	18 Orange Chicken Garlic Roasted Broccoli Sweet Pepper Strips Rice Fruit & Vegetable Bar Milk	19 PIZZA DAY! Buffalo Chicken or Cheese Pizza Caesar Salad Roasted Chickpeas Fruit & Vegetable Bar Milk
22 Cheesy Bread Sticks w/ Marinara Caesar Roasted Chickpeas Fruit & Vegetable Bar Milk	23 Burger Day Plain or w/ Cheese Maple Baked Beans Spinach & Apple Salad Fruit & Vegetable Bar Milk	24 VT Beef Nachos Black Beans Cheese Sauce Mango & Pineapple w/ Tajin Fruit & Vegetable Bar Milk	25 Early Release Day Turkey, Cheese & Lettuce Croissant Chips Vegetables & Ranch	26 Baked Ziti Roasted Broccoli Carrots & Hummus Roll Fruit & Vegetable Bar Milk
29 Crispy Chicken Sandwich Sweet Potato Waffle Fries Fresh Broccoli & Ranch Fruit & Vegetable Bar Milk	30 Cindy's VT Mac & Cheese Garlic Roasted Green Beans Carrot Sticks Fruit & Vegetable Bar Milk	VEGETARIAN Alternatives: MONDAYS- Meatless Nuggets THURSDAYS- Veggie Grillers TUESDAYS- Black Bean Burger FRIDAYS- Black Bean Burger WEDNESDAYS- Meatless Chicken Patty		