

SEPTEMBER

Elementary & Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast for Lunch Egg and Cheese Sandwiches <i>With Chicken Sausage or Plain</i> Hash brown Patty Herb Roasted Zucchini	2 Turkey or Bean Tacos Black Beans Lettuce, Tomatoes and Guacamole Brown Rice	3 Chicken & Waffles Maple Baked Beans Roasted Butternut Squash	4 No School
7 No School Labor Day	8 Orange Chicken Roasted Broccoli Steamed Rice Carrot Sticks	9 Beef or Bean Nachos Black Beans Cheese Sauce Salsa Mango with Tajin	10 Cabot Grilled Cheese Sandwich Tomato Soup Roasted Chickpeas	11 Pasta with VT Meat Sauce <i>Or Marinara</i> Buttered Peas Garlic Bread
14 Meatball Sub Sweet Potato Waffle Fries Cucumbers with Hummus	15 Chicken Tenders Maple Baked Beans Roasted Broccoli Rice	16 Roasted VT Chicken Drumsticks Roasted Potatoes Sweet Green Peas Biscuit	17 Lasagna Roll Ups <i>With Marinara</i> Garlic and Herb Roasted Zucchini	18 Turkey and Cheese Stromboli Buttered Green Beans Carrots with Dip
21 No School	22 BBQ Pulled Chicken Sandwich Buttered Corn Maple Baked Beans	23 Home-style Turkey Meatloaf Maple Glazed Carrots Mashed Potatoes Dinner Roll	24 Vermont Beef Burger with Cheese Apple and Red Cabbage Slaw Tomato Slices	25 Baked Ziti Alfredo Turkey Meatballs Roasted Broccoli Garlic Bread
28 Turkey Pepperoni <i>or</i> Cheese Pizza Caesar Salad Roasted Chickpeas	29 Turkish Chicken Cucumber Salad Flatbread and Hummus Tzatziki	30 Sweet and Savory Beef Bowl With Brown Rice Broccoli Florets and Carrot Coins Red Bell Pepper Strips	VEGETARIAN Alternatives: Offered on days when no other vegetarian entrée is offered. MONDAYS- Meatless Nuggets THURSDAYS- Veggie Grillers TUESDAYS- Black Bean Burger FRIDAYS- Black Bean Burger WEDNESDAYS- Meatless Chicken Patty Fresh Fruit and Vegetable Bar and milk varieties	