



# BURLINGTON HIGH SCHOOL

## August- September Lunch Menu

### WEDNESDAY 26

Chicken Filet Sandwich  
or  
Turkey Pepperoni /  
Cheese Pizza

Sweet Potato Waffle Fries  
Spinach and Apple Salad

### THURSDAY 27

Turkey Pepperoni or  
Cheese Pizza  
or  
Chicken Filet Sandwich

Fresh Broccoli &  
Hummus Dip  
Sweet Potato Waffle Fries

### FRIDAY 28

VT Mac & Cheese with a  
Dinner Roll  
or  
Chicken Tender Wrap

Garlic Green Beans  
Carrot Sticks

### MONDAY 31

Pasta Bar with Breaded  
Chicken Filet  
Marinara, Pesto or  
Alfredo  
or  
Cheesy Bread Sticks  
  
Baby Kale Caesar Salad

### TUESDAY 1

VT Chicken Drumsticks  
(Halal Certified)  
or  
Breakfast Sandwiches  
  
Sesame Peanut Noodles  
Spicy Red Cabbage Slaw  
Homefries

### WEDNESDAY 2

Burritos  
Beef, Chicken or Bean  
or  
Vermont Burger  
  
Lettuce, Tomatoes,  
Guacamole  
Rice

### THURSDAY 3

American Classic Baked  
Potato Bar  
Cheese Sauce & Turkey  
Bacon  
or  
Chicken & Waffles  
  
Steamed Broccoli  
Housemade Chili

### FRIDAY 4

No School

### MONDAY 7

No School

### TUESDAY 8

Orange Chicken or Tofu  
or  
Turkey Hot Dog  
  
Sesame Snow Peas  
Carrot Salad  
Rice

### WEDNESDAY 9

Beef or Bean Nachos  
with Pico De Gallo,  
Guacamole and Salsa  
or  
Spicy Chicken Sandwich  
  
Black Beans  
Corn and Mango Salad

### THURSDAY 10

Mediterranean Soulvalke Bar  
Chicken or Falafel on  
Flatbread  
or  
Cabot Grilled Cheese  
Plain or Chef's Choice  
  
Lettuce, Tomatoes and  
Cucumbers  
Roasted Chickpeas  
Housemade Soup

### FRIDAY 11

BBQ Pulled Chicken /  
Roasted Veggie Flatbread  
or  
Pasta with Meat Sauce  
and Garlic Bread  
  
Sweet Green Peas  
Potato Wedges  
Spicy Black Bean Salad

### MONDAY 14

Meatball Sub / VT Bean  
Burger  
or  
Chicken Filet Sandwich  
  
Sweet Potato Wedges  
Roasted Broccoli

### TUESDAY 15

Noodle Bar  
Savory and Sweet Sauce  
Chicken / Tofu / Egg  
or  
Chicken Tenders with  
Rice and Baked Beans  
  
Edamame, Bok Choy Bell  
Peppers

### WEDNESDAY 16

French Toast Bake with  
Breakfast Sausage  
or  
Chicken Drumstick with  
Biscuit  
  
Roasted Potatoes  
Spinach Salad

### THURSDAY 17

Chicken Curry/ Vegetable  
Curry with Rice  
or  
Lasagna Roll Up  
  
Flatbread  
Edamame Salad  
Herbed Zucchini

### FRIDAY 18

Pepperoni Stromboli/  
Cheese Stromboli  
or  
Homestyle Chicken &  
Biscuits  
  
Lentil Soup  
Chopped Salad

### MONDAY 21

No School

### TUESDAY 22

VT Kumpir ( Turkish Baked  
Potato Bar) with Spiced  
Beef & Flatbread  
or  
BBQ Pulled Chicken  
Sandwich  
  
Buttered Corn  
Maple Baked Beans  
Red Cabbage and Apple  
Slaw

### WEDNESDAY 23

Tofu Bahn Mi Style  
Flatbread  
or  
Homestyle Turkey  
Meatloaf with a Roll  
  
Sweet Potato Oven Fries  
Pickled Radish,  
Cucumbers and Carrots

### THURSDAY 24

Cheesy Chicken and Rice  
Bake  
or  
VT Beef Burger/ Black  
Bean Burger  
  
Lettuce and Tomato  
Seasoned Potato Wedges

### FRIDAY 25

Sandwich Bar  
Salad/ Cheese and Deli  
Meat Selection  
or  
Pasta with Meatballs and  
Garlic Bread

### MONDAY 28

Chicken Nachos  
or  
Pepperoni Pizza/Cheese  
Pizza  
  
Buttered Corn  
Chopped Salad

### TUESDAY 29

Turkish Chicken with  
Flatbread  
or  
Cabot Grilled Cheese  
  
Cucumber Salad  
Hummus  
Housemade Soup

### WEDNESDAY 30

Sweet and Savory Beef/  
Tofu Bowl with Rice  
or  
Chicken Tenders with a  
Biscuit  
  
Broccoli, Red Peppers,  
Carrot Coins  
Sweet Green Peas

Daily Grab and Go Salads and  
Sandwiches Available.

Fresh Fruit and Vegetable Bar  
and Milk selection served daily.