

2025 OCTOBER 2025

Elementary & Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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			1 Chicken Parmesan Pasta with Marinara Roasted Green Beans	2 Coast of Maine Fish Sticks Creamy Coleslaw Roasted Potato Wedges Buttermilk Biscuit
5 Chicken Filet Sandwich Sweet Potato Fries Fresh Broccoli with Ranch	6 Cheese or Turkey Pepperoni Pizza Spinach and Apple Salad Roasted Chickpeas	7 Turkey Hot Dog Cucumber Slices Maple Baked Beans	8 Vermont Beef Shepherd's Pie w/ Mashed Potatoes and Corn Whole Grain Roll	9 Mac & Cabot Cheese Buttered Green Beans Carrot Sticks
12 Cheesy Breadsticks Marinara Sauce Baby Kale Caesar Salad	13 Egg and Cheese or Sausage Egg and Cheese Sandwich Hash Brown Patty Herb Roasted Zucchini	14 Vermont Turkey Tacos Black Beans Lettuce, Tomatoes and Guacamole Brown Rice	15 Chicken and Waffles Maple Baked Beans Roasted Butternut Squash	16 Vermont Beef NYC Chopped Cheese Green Beans Red Bell Pepper Strips
19 Orange Chicken Roasted Broccoli Carrot Sticks Rice	20 Cabot Grilled Cheese Sandwich Tomato Soup Curry Cauliflower Roasted Chickpeas	21 Pasta with Vermont Meat sauce Buttered Peas Garlic Bread	22 No School	23 No School
26 Meatball Sub Sweet Potato Fries Cucumbers with Hummus	27 BBQ Pulled Chicken Sandwich Buttered Corn Maple Baked Beans	28 Home style Vermont Turkey Meatloaf Maple Glazed Carrots Mashed Potatoes Dinner Roll	29 Vermont Beef Burger w/ Cheese Apple and Red Cabbage Slaw Tomato Slices	30 Baked Ziti Alfredo Turkey Meatballs Roasted Broccoli Garlic Bread