



October Lunch Menu

THURSDAY 1		FRIDAY 2	
Daily Grab and Go Salads and Sandwiches Available.		Coast of Maine Fish Sticks or Chicken Tenders	
Fresh Fruit and Vegetable Bar and Milk selection served daily.		Creamy Coleslaw Roasted Potato Wedges Creamy Coleslaw	
Cabot Grilled Cheese Sandwich Plain or Chef Choice or Chicken Parmesean on a Roll		Housemade Soup Roasted Chickpeas	

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Crispy Chicken Sandwich VT Bean Burger or Pasta with Vermont Meat or Marinara Sauce	Pizza Cheese, Turkey Pepperoni or Chef Choice or Chili and Cornbread	Butter Chicken or Turkey Hot Dog w/ Maple Baked Beans	BHS Sandwich Day Buffalo Ranch Chicken Salad Cheese & Deli Meat Selection or Vermont Beef Shepherd's Pie w/ Mashed Potatoes and Corn	Mac & Cabot Cheese with a Dinner Roll or Chicken Tender Wrap
Sweet Potato Fries Tomato Salad	Baby Kale Caesar Salad Marinated Chickpea Salad	Cucumber Raita Jeera Rice Spinach Salad with Lemon Mango Vinaigrette	Carrots and Celery Sticks House made soup	Garlic Green Beans Carrot Sticks

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Pasta Bar with Breaded Chicken Filet Marinara, Pesto or Alfredo or Cheesy Bread Sticks w/ Marinara	Vermont Chicken Drumsticks (Halal Certified) or Breakfast Sandwiches	Burritos Vermont Beef, Chicken or Bean or Vermont Beef Burger/ Vermont Bean Burger	American Classic Baked Potato Bar Cheese Sauce & Turkey Bacon or Chicken & Waffles	Vermont Beef NYC Chopped Cheese or Baked Pasta Bowl
Baby Kale Caesar Salad	Sesame Noodles Spicy Red Cabbage Slaw Homefries	Lettuce, Tomatoes, Guacamole Rice	Steamed Broccoli Housemade Chili	Roasted Green Beans Bell Pepper Strips

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
BHS Sandwich Day Tuna Salad/ Cheese and Deli Meat Selection or Pizza Cheese, Turkey Pepperoni or Chef Choice	Orange Chicken or Tofu or Turkey Hot Dog	Vermont Beef or Bean Nachos with Pico De Gallo, Guacamole and Salsa or Spicy Chicken Sandwich	No School	No School
Spinach Salad House made Soup	Sesame Snow Peas Carrot Salad Rice	Black Beans Corn and Mango Salad		

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Meatball Sub / Vermont Bean Burger or Chicken Filet Sandwich	Noodle Bar Savory and Sweet Sauce Chicken / Tofu / Egg or Chicken Tenders with Rice and Baked Beans	French Toast Bake with Breakfast Sausage or Vermont Chicken Drumstick with Biscuit	Chicken Curry/ Vegetable Curry with Rice or Lasagna Roll Up	Pepperoni Stromboli/ Cheese Stromboli or Homestyle Chicken & Biscuits
Sweet Potato Wedges Roasted Broccoli	Edamame, Bok Choy, Bell Peppers	Roasted Potatoes Spinach Salad	Flatbread Edamame Salad Herbed Zucchini	Lentil Soup Chopped Salad