



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



BREAKFAST

MONDAY

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

01

TUESDAY

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

02

WEDNESDAY

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

03

THURSDAY

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

04

FRIDAY

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

05

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

08

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

09

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

10

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

11

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

12

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

15

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

16

Sausage, Egg & Cheese Sandwich on a WG English Muffin
Fresh Fruit
Milk or Juice

17

WG Cinnamon Buns
Scrambled or Hard-boiled egg
Fruit
Milk or Juice

18

Cabot Yogurt with fresh Berries and Granola
WG Muffin
Fresh fruit
Milk

19

No School

22

No School

23

No School

24

No School

25

No School

26

No School

29

No School

30

No School

31



Other options available daily- Yogurt, cheese stick, bagel, fresh fruit, Cereal and Yogurt Parfait

DECEMBER 2025



December is National Pear Month. Pears are a top fruit source of fiber, especially when the skin is included. They also provide vitamin C and potassium. Add chopped pears to salads, parfaits, or baked goods like muffins



MONDAY

WG Ravioli
WG Garlic Bread
Broccoli
Fresh Fruit
Milk

01

TUESDAY

Chicken Tenders
Tater Tots
Fresh Fruit
Milk

02

WEDNESDAY

**Sweet and sour Chicken
over Rice
Broccoli
Fresh fruit
Milk**

03

THURSDAY

Corn Dogs
Tater tots
Carrots
Fresh fruit
Milk

04

FRIDAY

Cheese or Pepperoni Pizza on a
WG crust
Garden Salad
Fresh Fruit
Milk

05

Beef Tacos or Nachos
Fresh Guacamole, Salsa,
Sour Cream and Mexican Rice
Fresh Fruit
Milk

08

WG Spaghetti and meatballs
WG Garlic Bread
Fresh fruit
Milk

09

Cheeseburger on a WG Bun
Lettuce and Tomato
Fresh Fruit
Milk

10

Hot Dog on a WG Roll
Baked Beans
Fresh fruit
Milk

11

Cheese or Pepperoni Pizza on
a WG crust
Garden Salad
Fresh Fruit
Milk

12

Cheese or Chicken quesadilla on a WG
Tortilla
Fresh Guacamole, Salsa, Sour Cream
and Mexican Rice
Fresh fruit
Milk

15

BBQ Pulled Pork on a WG Bun
Coleslaw
Fresh Fruit
Milk

16

Chicken Broccoli Alfredo w/
WG Pasta
WG Garlic Bread
Fresh Fruit
Milk

17

Ham and Cheese Bage Melts
on a WG Bagel
Tater Tots
Fresh fruit
Milk

18

Cheese or Pepperoni Pizza on
a WG crust
Garden Salad
Fresh Fruit
Milk

19

No School

22

No School

23

No School

24

No School

25

No School

26

No School

29

No School

30

No School

31



choice bar will be offered daily with seasonal veggies

*Other items offered daily, PB and Jelly Sandwich, Cheese Stick, yogurt,
oatmeal Bar, Yogurt Parfaits

*Students may mix and match items from the menu and choice bar to create a
Healthy reimbursable meal.

DECEMBER 2025