



NSLP Meals are free to all students (1 per serving)
Additional items available daily: Cereal, Yogurt, cheese singles, oatmeal bars,
Yoogurt Parfaits and Freh Fruit

BREAKFAST

MONDAY

No School

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

Local Yogurt with Fresh Berries and Granola
WG Muffin
Fresh Fruit
Milk or Juice

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

Local Yogurt with Fresh Berries and Granola
WG Muffin
Fresh Fruit
Milk or Juice

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

Local Yogurt with fresh Berries and granola
WG Muffin
Fresh Fruit
Milk of Juice

19

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

22

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

23

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

24

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

25

Local Yogurt with Fresh Berries and Granola
WG Muffin
Fresh Fruit
Milk or Juice

26

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

29

WG Pancakes with VT Maple Syrup
Bacon
Fruit
Milk or Juice

30



SEPTEMBER 2025



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
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MONDAY

Labor Day
No School

01

TUESDAY

Cheeseburger on a WG roll
Potato Wedges
Fresh Fruit
Milk

02

WEDNESDAY

Chicken Parmesan over WG
linguini
Fresh Fruit
Milk

03

THURSDAY

Chili Cheese Dog on a WG
Roll
Tater Tots
Fresh Fruit
Milk

04

FRIDAY

Cheese or Peperoni Pizza on
a WG Crust
Garden Salad
Fresh Fruit
Milk

05

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

08

BBQ Pulled Pork Sandwich
on a WG Roll
Coleslaw
Fresh Fruit
Milk

09

Chicken Broccoli Alfredo
with WG Pasta
WG Garlic Bread
Fresh Fruit
Milk

10

WG Ham and Cheese Bagel
Melt
Tater Tots
Fresh Fruit
Milk

11

Cheese or Peperoni Pizza on
a WG Crust
Garden Salad
Fresh Fruit
Milk

12

BBQ Sloppy Joe on a WG Bun
Cole Slaw
Fresh Fruit
Milk

15

Chicken Burger on a WG Bun
Potato Wedges
Fresh Fruit
Milk

16

WG Chop Suey
Texas Toast
Fresh Fruit
Milk

17

Baked Ham With cheesy
Potatoes
Fresh Fruit
Milk

18

Cheese or Peperoni Pizza on a WG
Crust
Garden Salad
Fresh Fruit
Milk

19

WG BBQ Rib Sandwiches
Potato Wedges
Fresh Fruit
Milk

22

Shepherds Pie
WG Biscuit
Fresh Fruit
Milk

23

WG Ravioli
WG Mozzarella Bred Sticks
Freh Fruit
Milk

24

Chicken Tenders
Tater Tots
Fresh Fruit
Milk

25

Cheese or Peperoni Pizza on
a WG Crust
Garden Salad
Fresh Fruit
Milk

26

Beef Tacos or Nachos
Fresh Guacamole, salsa and
Sour Cream
Fresh Fruit
Milk

29

Spaghetti with Meat Balls
WG Garlic Bread
Fresh Fruit
Milk

30



Choice bar will be offered daily with seasonal Veggis
Other items offered daily, PB and J, Sandwich, Cheese singles, Yogurt, Oatmeal Bar, Yogurt
Parfait
Students amd mix and match items from the menu to create a healthy reimbursable meal

SEPTEMBER 2025