



BREAKFAST

MONDAY



WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

05

TUESDAY



WG Pancakes with VT Maple
Syrup
Bacon
Fruit
Milk or Juice

06

WEDNESDAY



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

07

THURSDAY

No School

01

FRIDAY

No School

02

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

12

WG Pancakes with VT Maple
Syrup
Bacon
Fruit
Milk or Juice

13

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

14

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

08

WG French Toast Sticks
Sausage Link
Fruit
Milk or Juice

19

WG Pancakes with VT Maple
Syrup
Bacon
Fruit
Milk or Juice

20

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

21

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

22



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

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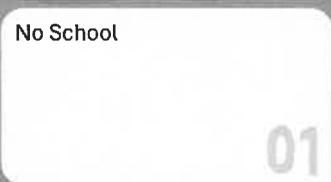


Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right



LUNCH

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

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

05

WG Spaghetti and meatballs
WG Garlic Bread
Fresh fruit
Milk

06

Cheeseburger on a WG Bun
Lettuce and Tomato
Fresh Fruit
Milk

07

Hot Dog on a WG Roll
Baked Beans
Fresh fruit
Milk

08

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

09

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

12

BBQ Pulled Pork on a WG Bun
Coleslaw
Fresh Fruit
Milk

13

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

14

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

15

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

16

WG Ravioli
WG Garlic Bread
Broccoli
Fresh Fruit
Milk

19

Chicken Tenders
Tater Tots
Fresh Fruit
Milk

20

WG Chop Suey
WG Garlic Bread
Broccoli
Fresh Fruit
Milk

21

Corn Dogs
Tater tots
Carrots
Fresh fruit
Milk

22

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

23

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

26

Chicken Burger on a WG Bun
Potato Wedges
Peas
Fresh fruit

27

Milk
Sweet and sour Chicken over
Rice
Broccoli
Milk

28

Baked Ham with Cheesy
Potatoes
Fresh Fruit
Milk

29

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

30

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



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