

**Monday**

Cheesy Breadsticks **3**  
w/ Marinara Sauce  
Buttery Green Beans  
Roasted Chick Peas  
Fruit

Lasagna Roll Ups **10**  
With Marinara  
Sweet Green Peas  
Garlic Bread  
Fruit

**Tuesday**

Cheesy Scrambled Eggs **4**  
French Toast Sticks w/  
Vermont Maple Syrup  
Spinach Salad  
Fruit

Chicken or Baked Tofu **11**  
and Waffles  
Mixed Green Salad  
Maple Baked Beans  
Fruit

**Wednesday**

Steak and Cheese or **5**  
Cheesy Tofu  
On a Whole Wheat Roll  
Roasted Onions and Peppers  
Corn  
Fruit

Beef or Bean Tortilla Pia **12**  
w/ Cheddar Cheese  
Chili Roasted Carrots  
Fiesta Rice  
Fruit

**Thursday**

Roast Turkey and Gravy **6**  
Mashed Potatoes  
Honey Glazed Carrots  
Dinner Roll  
Fruit

Baked Potato Bar **13**  
w/ Cheese Broccoli and Ham  
Chickpea Salad  
Fruit

**Friday**

Ham and Cheese **7**  
Or Hummus and Veggies  
On Whole Wheat Bread  
Broccoli Cheddar Soup  
Maple Baked Beans  
Fruit

Pepperoni or Cheese **14**  
Pizza  
Caesar Salad w/ Croutons  
Fruit

**School Meals are free for all students!**

**Milk without a meal \$0.60**

**We still need your Free and Reduced Meal Application.**

**Apply on line at [myschoolapps.com](http://myschoolapps.com)**

Turkey and Cheese **19**  
On a Hoagie Roll  
Lettuce and Tomatoes  
Tomato Soup  
Fruit

Sloppy Joe or BBQ Lentils **20**  
on a Whole Wheat Roll  
Roasted Green Beans  
Fruit

Breaded Fish Sticks **21**  
Roasted Potato Wedges  
Iceberg Salad with  
Bacon  
Buttermilk Biscuit  
Fruit

Macaroni and **24**  
Cabot Cheddar Cheese  
Butternut Squash  
Celery Sticks  
Fruit

Beef or Bean Nachos **25**  
w/ Cheese Sauce  
Black Bean and Corn Salad  
Rice  
Fruit

Ham & Cheddar **26**  
Wrap  
Broccoli with Dip  
Potato Leek Soup  
Fruit

Shepherd's pie or **27**  
Lentil shepherd's pie  
Dinner Roll  
Buttery Green Beans  
Fruit

Cheese, Pepperoni **28**  
or Chef's Choice Pizza  
Caesar Salad  
Carrot Sticks  
Fruit

Crispy Chicken or Tofu **31**  
On a Whole Wheat Roll  
Broccoli Salad  
Fruit

Lunch Alternative:  
**Monday, Wednesday and Friday:**  
Peanut butter and jelly  
**Tuesday and Thursday:**  
Grilled Cheese

**Breakfast Menu:**  
Monday- Sweet Bread  
Tuesday- Yogurt and Granola  
Wednesday-Breakfast Sandwiches  
Thursday- Fresh Baked Good  
Friday- Bagel and Cream Cheese

This institution is an equal opportunity provider.