



January 2022

School Chef
Dustin Simmons
dsimmons@acsdvt.org

All meals come with a milk and fruit choice.

3 Cabot Cheese and Macaroni W/ Ham or Plain Roasted Broccoli Sweet Potato Half	4 Crispy Chicken Sandwich or Black Bean Burger Roasted Potato Wedges Corn	5 Chicken or Tofu Stir-Fry With Seasonal Vegetable Selection Sesame Noodles	6 Beef or Bean Hand Rolled Burrito Roasted Corn Salsa Slow Cooked Black Beans Southwestern Rice Pilaf	7 Pizza Cheese, Pepperoni or Chef Choice Baby Kale Caesar Salad Rainbow Pepper Strips
10 Beef or Tofu Meatball Sub Marinated Chickpeas Broccoli	11 Shepherd's Pie with Corn and Mashed Potatoes Mixed Green Salad Dinner Roll	12 Chicken or Tofu Parmesean on a Whole Grain Roll Maple Baked Beans Lemon Dill Green Beans	13 Chicken or Vegetable Pad Thai Whole Wheat Noodles Carrots and Snow Peas	14 Chicken and Biscuits w/ Peas Winter Squash Puree
<p>Meals with 3 items including a fruit or a vegetable are free for all students. Milk without a meal \$0.60 Other Ala Carte items as marked. Add funds to your students' account by visiting myschoolbucks.com</p>		19 Chicken or Tempeh Shawarma Gyro on Flatbread Roasted Potato Wedges Greek Salad with Feta and Olives	20 Beef or Vegetarian Stroganoff Over Noodles Roasted Butternut Squash	21 Pizza Cheese, Pepperoni or Chef Choice Baby Kale Caesar Salad Baby Carrots
24 Steak and Cheese Sub Caramelized Onions with Peppers Green Bean Casserole Roasted Sweet Potato Wedges	25 Meaty or Veggie Lasagna Snow Peas Mixed Green Salad	26 Grilled Ham and Cheese, Grilled Cheese or Chef Choice Carrots Tomato Soup	27 Brunch for Lunch Shakshuka with Flatbread Roasted Broccoli	28 Baked Potato Bar w/ Chef Choice of Toppings Beef or Bean Chili House Made Cornbread
31 Spaghetti and Beef or Tofu Meatballs Pesto or Marinara Sweet Green Peas Roasted Cauliflower Garlic Knots				

This institution is an equal opportunity provider.

Chicken Caesar Salad

Chef Salad

Turkey or Ham & Cheese Wrap

DAILY SPECIAL SALADS, SANDWICHES AND SOUPS