



January 2022

School Nutrition Manager

Ashley Selleck
 aselleck@acsdvt.org

3 Chicken and Biscuits w/ Peas Roasted Broccoli	4 Cabot Cheese and Macaroni W/ Ham or Plain Maple Baked Beans Sweet Potato Half	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	7 Pizza Cheese, Pepperoni or Chef Choice Baby Kale Caesar Salad Rainbow Pepper Strips
10 Beef or Tofu Meatball Sub Marinated Chickpeas Broccoli	11 Chicken or Vegetable Pad Thai Whole Wheat Noodles Carrots and Snow Peas	12 Chicken or Tofu Parmesean Rice Pilaf Lemon Dill Green Beans	13 Shepherd's Pie Mashed Potatoes Mixed Green Salad Honey Roasted Carrots	14 Hamburgers, Cheeseburgers or House Made Black Bean Burger Sweet Potato Fries Mixed Green Salad
<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 American Goulash Greek Salad with Feta and Olives Broccoli with Hummus Dip	20 Creamy Chicken Alfredo over Penne Pasta Sweet Green Peas Garlic Knots	21 Pizza Cheese, Pepperoni or Chef Choice Caesar Salad Roasted Chickpeas
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 Beef or Vegetarian Stroganoff Over Noodles Roasted Butternut Squash	28 Crispy Chicken Sandwich or Black Bean Burger Sweet Potato Fries Corn
31 Spaghetti and Beef or Tofu Meatballs Pesto or Marinara Sweet Green Peas Roasted Cauliflower Garlic Knots	<p>This institution is an equal opportunity provider. All meals served with a choice of fruit and milk</p>			



**Alternatives on
the Go**

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	Chef Salad	Chef Choice Salad	Taco Salad	Cobb Salad
Turkey Cheddar Bacon Wrap	Ham and Cheese Croissant	Chicken and Ranch Wrap	Italian Sub	Turkey and Cheese on a Roll
Hummus and Veggie Wrap	Tofu and Veggie Wrap	Falafel and Tzatziki Wrap	Hummus and Veggie Wrap	Chef Choice Snack Pack