

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

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
 Steamed Broccoli
 Fruit

Lunch Alternative:
 Peanut Butter and Jelly every day.
Tuesday and Thursday
 Deli Sandwich

Breakfast Menu:

Monday- Homemade Muffin
 Tuesday- Eggs
 Wednesday-Yogurt with Breakfast Bar
 Thursday- Eggs
 Friday- Baked Good