

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

Scalloped Potatoes with **13**
Ham and Cheese
Roasted Broccoli
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

Crispy Fish Sandwich **21**
Roasted Potato Wedges
Iceberg Salad with
Bacon
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

Breakfast
Two choices available daily

A variety of Baked Goods/ Egg Dishes and Cereals.

Lunch Alternatives

Monday, Wednesday, Friday

Sunbutter and Jelly

Tuesday and Thursday

Grilled Cheese

This institution is an equal opportunity provider.