

DECEMBER 2018

Woodstock Elementary School, Prosper Valley, Reading Elementary, Killington Elementary

Student Breakfast-\$1.85
 Adult Breakfast-\$2.75
 Student Lunch-\$3.00
 Adult Lunch-\$4.50
 Free & Reduced=FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Cheese 3 Homemade Tomato Soup Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Vegetarian Chili 4 Homemade Corn Bread Choice of fruit Salad Bar options or Chef's Vegetable of the Day	VT Pepperoni Pizza <u>or</u> 5 Cheese Pizza Choice of Fruit Salad Bar options or Chef's Vegetable of the Day	<i>Cloudland Farm</i> 6 Beef Burger <u>or</u> Veggie Burger Oven Fries, Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Cheese Ravioli with tomato sauce 7 Choice of fruit Salad Bar options or Chef's Vegetable of the Day
VT Sweet Italian Grinders 10 Choice of onions and peppers Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Chicken Cheese Quesadilla <u>or</u> 11 Cheese Quesadilla Choice of toppings Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Bacon Cheese Burger Pizza 12 <u>or</u> Cheese Pizza Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Tuscan Pork Stew over Polenta 13 Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Chicken Tenders 14 Oven Fries Steamed Sesame Broccoli Choice of fruit Salad Bar options or Chef's Vegetable of the Day
Turkey & Lettuce Sandwich 17 Homemade Soup Choice of fruit Salad Bar options or Chef's Vegetable of the Day	<i>King Arthur Whole Grain</i> 18 Pancakes VT Maple Sausage Link <i>Richardson Family Farm Maple Syrup</i> , Choice of fruit Salad Bar options or Chef's Vegetable of the Day	BBQ Pizza <u>or</u> 19 Cheese Pizza Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Baked Potato Bar 20 Choice of toppings include Steamed Broccoli, Cheddar Cheese, Sour Cream. <i>Cloudland Farm Beef</i> Choice of fruit Salad Bar options or Chef's Vegetable of the Day	Stuffed Shells with plain tomato sauce 21 Holiday Treat Choice of fruit Salad Bar options or Chef's Vegetable of the Day
Winter Break 24	Winter Break 25	Winter Break 26	Winter Break 27	Winter Break 28
Winter Break 31	Winter Break 29 & 30			

 BREAKFAST

Join us for Breakfast! Grab & Go options available. Daily specials like pancakes, muffins, smoothies and egg dishes. Choices of whole grain cereals and bagels, yogurts and fruit everyday!

This institution is an equal opportunity

MY SCHOOL BUCKS PAY FOR MEALS ONLINE


Students may choose the main entrée or a peanut butter and homemade jam sandwich. Students are expected to take a ½ cup of fruit or vegetable to complete their meal. A complete meal is at least three of the five food components offered.

Skim or 1% milk is included as part of a complete meal or can be purchased as an a la carte item for \$.50.

Please remember to pay for the month ahead for meals! You can bring in a check, cash or pay online at [myschoolbucks.com](https://www.myschoolbucks.com)

All school nutrition information can be found on our website- <https://www.wcsu.net/wcud-school-nutrition-program>

