

**Woodstock Elementary
Killington Elementary
Reading Elementary
September-October 2019**



Complete meals must include at least three food items including a fruit or vegetable serving. 1% or skim milk included in a complete meal. Students can order a peanut butter & homemade jam sandwich with string cheese as an alternative meal option.

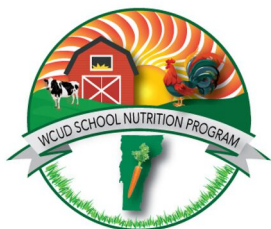
Regular Breakfast offered with daily specials like pancakes, homemade muffins, egg options and smoothies. Everyday whole grain bagel, cereals, yogurts, string cheese, milk or juice.

Grab & Go
Breakfast available to take at regular breakfast or order for snack for later.

Student Breakfast - \$1.85
Adult - \$2.75
Free & Reduced - FREE

Lunch Prices
Student - \$3.00
Adult - \$4.50
A la carte Milk - \$.50
Free & Reduced - FREE

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
23 Baked Fish & Chips Fruit & Vegetable Choices	24 Cloudland Farm Beef Tacos Choice of toppings Fruit & Vegetable Choices	25 Cheese Pizza Fruit & Vegetable Choices	26 BBQ Pork Sandwich Homemade Slaw Fruit & Vegetable Choices *Vermont Harvest of the Month Taste Test-Sweet Peppers	27 Cheese Lasagna Whole Grain Roll Fruit & Vegetable Choices
30 Chicken Patty Sandwich Kale Salad Fruit & Vegetable Choices	October-1 Cheese Quesadilla Choice of toppings Fruit & Vegetable Choices	2 Cheese Pizza or VT Pepperoni Pizza Fruit & Vegetable Choices	3 Baked Potato with choice of toppings-Cloudland Farm Beef, steamed broccoli, sour cream, cheese Fruit & Vegetable Choices	4 Cheesy BLT Wrap (Bacon, Lettuce, Tomato, Cheddar Cheese Slice) Fruit & Vegetable Choices
7 NOSCHOOL-TEACHER INSERVICE	8 Rice & Bean Bowls Choice of Toppings Fruit & Vegetable Choices	9 Cheese Pizza or Alfredo Pizza Fruit & Vegetable Choices	10 Cheese Tortellini with plain tomato sauce Whole Grain Roll Fruit & Vegetable Choices	11 Breakfast Bagel Sandwich- Egg, VT sausage, cheese Fruit & Vegetable Choices
14 Cheese Ravioli with plain tomato sauce Whole Grain Roll Fruit & Vegetable Choices	15 Vegetable Fried Rice Spring Rolls Fruit & Vegetable Choices	16 Hawaiian Pizza or Cheese Pizza Fruit & Vegetable Choices	17 Cloudland Farm Sloppy Joes Fruit & Vegetable Choices	18 VT Farmstead Mac & Cheese Fruit & Vegetable Choices
21 Chicken Tenders & Oven Fries Fruit & Vegetable Choices	22 Bean Burrito Choice of toppings Fruit & Vegetable Choices	23 Cheese Pizza Fruit & Vegetable Choices	24 World Flavors Day-Sweden Swedish Meatballs over noodles Steamed Green Beans Fruit & Vegetable Choices	25 Spaghetti with plain tomato sauce Fruit & Vegetable Choices
28 VT Uncured Hot Dog Baked Beans Fruit & Vegetable Choices	29 Vegetarian Chili Homemade Cornbread Choice of toppings Fruit & Vegetable Choices	30 Cheese Pizza or Cheeseburger Pizza Fruit & Vegetable Choices	31 Happy Halloween! Penne Pesto Pasta with Garlic Chicken Surprise Halloween Treat! Fruit & Vegetable Choices	November 1 New England Beef Stew over polenta Fruit & Vegetable Choices