

Monday

Tuesday

Wednesday

Thursday

Friday

 BREAKFAST

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

No School In Service Day **4**

No School Town Meeting Day **5**

VT Pepperoni Pizza **or** **6**
 Cheese Pizza
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Breakfast Sandwich **7**
 (English Muffin, egg & Cheese)
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Cloudland Farm **1**
 Sloppy Joes
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Deli Ham Sandwich **11**
 Homemade Soup
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Rice & Bean Bowls **12**
 Choice of toppings
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Hawaiian Pizza **or** **13**
 Cheese Pizza
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day
**Vermont Harvest of the Month Maple Taste Test*

VT Uncured Hot Dog **14**
 Potato Chips
 Choice fruit
 Salad Bar **or** Chef's Vegetable of the Day

Alfredo Noodles **15**
 Whole Grain Roll
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Whole Grain *King Arthur* **18**
 Pancakes
 Maple Sausage Links
Richardson Family Farm Maple Syrup
 Choice of fruit, Salad Bar **or** Chef's Vegetable of the Day

Vegetable Fried Rice **19**
 with Spring Roll
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Alfredo Pizza **or** **20**
 Cheese Pizza
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Shepherd's Pie **21**
 (Cloudland Farm Beef, Corn, Mashed Potatoes)
 Choice of Fruit
 Salad Bar **or** Chef's Vegetable of the Day

Cheese Tortellini with plain tomato **22**
 Whole Grain Banana Cake
 Salad Bar **or** Chef's Vegetable of the Day

Chicken Patty Sandwich **25**
 Homemade Soup
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Cloudland Farm **26**
 Meatball Subs
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Cheese Pizza **27**
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

District Wide World **28**
Flavors Day!
 Spanish Paella
 -A traditional rice & chicken dish
 Choice of fruit
 Salad Bar **or** Chef's Vegetable of the Day

Baked Potato Bar **29**
 Choice of toppings- steamed Broccoli, Cloudland Farm Beef, cheddar cheese, sour cream
 Salad Bar **or** Chef's Vegetable of the Day

 PAY FOR MEALS ONLINE


Skim or 1% milk is included as part of a complete meal or can be purchased as an a la carte item for \$.50. All school nutrition information can be found on our website- <https://www.wcsu.net/wcud-school-nutrition-program> including the VT Free & Reduced form which can be filled out any time of the school year. Apply for FREE School Meals today!

This institution is an equal opportunity provider.

Meal accounts need to be kept in the positive. Please set up a FREE account on MYSCHOOLBUCKS to monitor your child's meal account. Send in checks, cash or pay online!