

Monday
Tuesday
Wednesday
Thursday
Friday

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!

VT Italian Sausage Grinders
 Choice of peppers & onions
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **6**

Rice & Bean Bowls
 Choice of toppings
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **7**

Cheese Pizza
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **1**

Cloudland Farm
 Sloppy Joes
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **2**

Cheese Tortellini with plain tomato sauce
 Whole Grain Roll
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day
KES Maple Pancake Breakfast-8am* **3

Whole Grain **King Arthur** Pancakes
 VT Maple Sausage Links
Richardson Family Farm Maple Syrup
 Choice of fruit, Salad Bar or Chef's Vegetable of the Day **13**

Vegetable Fried Rice
 Spring Roll
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **14**

VT Pepperoni Pizza or Cheese Pizza
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **8**

Shepherd's Pie (**Cloudland Farm Beef, Corn, Mashed Potatoes**)
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **9**

Alfredo Noodles
 Spring Lemon Bars
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **10**

Chicken Patty Sandwich
 Quinoa Salad
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **20**

Local Egg Frittata
 Homemade Muffin
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **21**

Alfredo Pizza or Cheese Pizza
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day
Vermont Harvest of the Month-Mixed Greens* **15

Bagel Breakfast Sandwich (egg, cheese, sausage)
 Fruit Salad
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day
WES Teacher Appreciation Day- WES students only bring a bagged lunch* **16

VT Uncured Hot Dog
 Baked Beans
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **17**

No School Memorial Day **27**

Grilled Cheese or Grilled Ham & Cheese
 Homemade Soup
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **28**

Hawaiian Pizza or Cheese Pizza
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **22**

Baked Fish & Chips (Oven Fries)
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **23**

Baked Potato Bar
 Choice of toppings-steamed Broccoli, **Cloudland Farm Beef**, cheddar cheese, sour cream, salsa
 Salad Bar or Chef's Vegetable of the Day **24**

Cheese Pizza
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day
WES May Day-10am* **29

World Flavors Day! Greece
 Pastichio
 -A Greek baked meat and pasta dish
 Greek Side Salad
 Choice of fruit, Salad Bar or Chef's Vegetable of the Day **30**

VT Farmstead
 Mac & Cheese
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **31**

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!

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!

This institution is an equal opportunity provider.