

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Patty Sandwich
 Choice of fruit
 Salad Bar Options **1**

Cloudland Farm 2
 Beef Tacos
 Choice of toppings
 Choice of fruit
 Salad Bar Options

Cheese Pizza **or** 3
 VT Pepperoni Pizza
 Choice of fruit
 Salad Bar Options

Chicken & Vegetable Stir-Fry
 Choice of fruit
 Salad Bar Options **4**

Baked Fish & Chips **5**
(Chips are oven fries)
 Choice of fruit
 Salad Bar Options

No School Columbus Day! 8

Bean Burrito 9
 Choice of toppings
 Choice of fruit
 Salad Bar Options

Cheese Pizza 10
 Choice of fruit
 Salad bar Options
**Vermont Harvest of the Month- Kale Taste Test*

Chicken Tenders 11
 Mashed Sweet Potatoes
 Choice of fruit
 Salad Bar Options

Cheese Ravioli 12
 With plain tomato sauce
 Whole Grain Dinner Roll
 Choice of fruit
 Salad Bar Options

BLT Wrap 15
 (Bacon, Lettuce, & Tomato Wrap)
 Lentil Soup
 Choice of fruit
 Salad Bar Options

Garlic Chicken over Pesto Noodles 16
 Choice of fruit
 Salad Bar Options

Cheese Pizza **or** 17
 Alfredo Pizza
 Choice of fruit
 Salad Bar

Baked Potato Bar 18
 Choice of toppings-**Cloudland Farm Beef**, cheddar cheese, sour cream, steamed broccoli
 Choice of fruit
 Salad Bar Options

VT Farmstead 19
 Mac & Cheese
 Choice of fruit
 Salad Bar Options

Whole Grain Pancakes 22
 VT Maple Sausage Link
Richardson Family Farm Maple Syrup
 Choice of fruit
 Salad Bar Options

Cloudland Farm 23
 Meatball Subs
 Whole Grain Salad
 Choice of fruit
 Salad Bar Options

Cheese Pizza 24
 Choice of fruit
 Salad Bar Options

Pulled Pork Sandwich 25
 Homemade Coleslaw
 Choice of fruit
 Salad Bar Options

Pasta with plain sauce **or** local meat sauce 26
 Whole Grain Roll
 Choice of fruit
 Salad Bar Options

Grilled Ham **or** 29
 Grilled Cheese
 Homemade Soup
 Choice of fruit
 Salad Bar Options

Local Beef Stew over Polenta 30
(polenta is soft cornmeal with parm cheese)
 Choice of fruit
 Salad Bar Options

Happy Halloween! 31
 Spider Web Cheese Pizza
Or Cheeseburger Monster Pizza
 Pumpkin Bars
 Choice of fruit
 Salad Bar

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!



This institution is an equal opportunity provider.

Students may choose the main entrée or a peanut butter and homemade jam sandwich. Students are expected to take a fruit or vegetable to complete their meal. A complete meal is at least three of the five food components offered. Students have access to extra vegetable options like spring mix, carrots, cucumbers, and red peppers via their school's salad bar options. 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

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