

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!

VT Sweet Italian Sausage
 Choice of Peppers & Onions
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **4**

Vegetarian Chili
 Homemade Cornbread
 Choice of toppings
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **5**

Cheese Tortellini
 With plain tomato sauce
 Whole Grain Roll
 Choice of fruit
 Salad Bar or Chef's Vegetable **6**

Sliced Turkey & Cheese Sliders
 Whole Grain Salad
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **7**

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

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

Whole Grain Waffles
 Scrambled Eggs
 VT Maple Sausage Link
Richardson Family Farm Maple Syrup, Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **11**

Cheese Quesadilla or Chicken Quesadilla
 Choice of toppings
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **12**

Cloudland Farm
 Beef Burger or Veggie Burger
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **13**

Grilled Cheese
 Tomato Soup
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day
Happy Valentine's Day! **14**

Pesto Pizza or Cheese Pizza
 Choice of fruit
 Salad or Chef's Vegetable of the Day **15**

No School Winter Break **18**

No School Winter Break **19**

No School Winter Break **20**

No School Winter Break **21**

No School Winter Break **22**

This institution is an equal opportunity provider.

Local Egg Frittata
 Homemade Muffin
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **25**

Rice & Bean Bowls
 Choice of toppings
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **26**

VT Farmstead
 Mac & Cheese
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day
Vermont Harvest of the Month-Cabbage (Asian Slaw)* **27

Chicken Patty Sandwich
 Farmer's Vegetable Soup
 Choice of fruit
 Salad Bar or Chef's Vegetable of the Day **28**

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