

Monday

Tuesday

Wednesday

Thursday

Friday



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 everyday!

Local Egg Frittata **5**
 Homemade Muffin
 Choice of fruit
 Salad Bar Options

Rice & Bean Bowls **6**
 With Choice of toppings
 Choice of fruit
 Salad Bar Options

BBQ Pizza or **7**
 Cheese Pizza
 Choice of fruit
 Salad Bar Options

Vegetable Fried **1**
 Rice
 Vegetable Spring Roll
 Choice of fruit
 Salad Bar Options

Alfredo Noodles **2**
 Whole Grain Roll
 Choice of fruit
 Salad Bar Options

Harvest Lunch! **8**
 Local Turkey Slider
 Homemade Cranberry Relish
 Roasted Squash
 Local Apple Crisp

VT Uncured **9**
 Hot Dog
 Potato Chips
 Choice of fruit
 Salad Bar Options

No School Veterans Day **12**

Chicken Patty **13**
 Sandwich
 Kale Chips
 Choice of fruit
 Salad Bar Options

VT Pepperoni Pizza or **14**
 Cheese Pizza
 Choice of fruit
 Salad Bar Options
**Vermont Harvest of the Month-Sweet Potato*

Swedish Meatballs **15**
(Cloudland Farm Beef & Local VT pork) over noodles
 Whole Grain Roll
 Choice of fruit, Salad Bar Options
**KES Community Thanksgiving Lunch*

Stuffed Shells with **16**
 plain tomato sauce
 Choice of fruit
 Salad Bar Options

Deli Ham Sandwich **19**
 Homemade Soup
 Choice of fruit
 Salad Bar Options

Cloudland Farm **20**
 Beef Tacos
 Choice of toppings
 Choice of fruit
 Salad Bar Options
**RES Community Thanksgiving Lunch*

No School Thanksgiving Break **21**

No School Thanksgiving Break **22**

No School Thanksgiving Break **23**

Breakfast Sandwich **26**
 Choice of fruit
 Salad Bar Options

Chicken Tenders **27**
 Sweet Potato Fries
 Choice of fruit
 Salad Bar Options

Cheese Pizza **28**
 Choice of fruit
 Salad Bar Options

Cloudland Farm **29**
 Sloppy Joe
 Oven Fries
 Choice of fruit
 Salad Bar Options

Cheese Lasagna **30**
 Whole Grain Roll
 Choice of fruit
 Salad Bar Options

This institution is an equal opportunity

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.

