

Waitsfield Elementary

December

School Menu

Student \$3.25 Reduced Child FREE Adult \$3.75

Each day the lunch menu includes yogurt/cottage cheese and milk (skim & 1%)

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Homemade Pizza</u> 1-Pesto & Cheese 2-or Cheese Hummus Dip with Carrots	2 <u>Taco Bar</u> 1- Meat 2-or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream. Rice	3 <u>Pot Pie</u> 1- Chicken and Root Veggies 2- Root Veggies Served with Puff Pastry Shell	4 <u>Hot Subs</u> 1 - Meatballs and Marinara 2-Salami and Melted Cheese 3-Sauteed Vegetables and Melted Cheese	5 <u>Chili</u> 1-Local Beef and Bean 2- Veggie and Bean 3-Ham and Cheese Sandwich Basmati Rice
8 1-Homemade Cabot Mac and Cheese 2- or Cabot Mac and Trees (broccoli) 3- or Egg Salad Sandwich Squash Smiles	9 <u>Caesar Wraps*</u> 1- Lettuce, Chicken & Parmesan 2- or Lettuce & Parmesan 3-Tuna sandwich	10 <u>Stromboli</u> 1- Pepperoni, Ham and Cheese 2-Cheese with Marinara Dipping Sauce 3-Ham/Cheese Sandwich	11 <u>Spaghetti</u> 1-Meat Sauce 2-or Marinara 3-or Peanut Butter & Jelly Sandwich Caesar Salad *See Note Below	12 <u>Glorified Bag Lunch</u> 1 - Salami and Cheese 2- Tuna salad 3 - Veggies and Cheese Sun Chips Yogurt Carrot Sticks Fresh Fruit Water/milk
15 <u>Quesadilla*</u> 1 - Cheddar Cheese 2- or Sauteed Vegetables and Cheese 3- or Peanut Butter and Jelly	16 <u>Baked Sandwiches</u> 1- Ham and Cheese 2 - or Pesto and Mozzarella Cheese 3-or Cheddar	17 <u>Breakfast for Lunch</u> 1- Waffles 2-or French Toast Bake Sausage Fruit Salad Add Vermont Maple Syrup	18 <u>Club Sandwiches</u> 1- with Turkey, Bacon and Cheese 2- with LettuceTomato and Cheese	19 <u>Quiche</u> 1-Bacon & Cheddar 2-or Cheddar 3-or Ham & Cheddar Sandwich Italian Potatoes Caesar Salad
22 <u>Raviolis</u> 1- with Marinara 2- with Cheese Sauce 3- or Pesto	23 <u>Chef Salad Bar</u> 1- Ham & Turkey 2- Cheddar & American 3- Tuna	24 <u>Holiday Break</u>	25 <u>No School</u>	26 <u>No School</u>

Grab & Go Breakfast \$1.75 Child \$1.75 Adult Free Reduced child

Graham Crackers and Peanut Butter Yogurt Juice/Milk	Pumpkin Muffin Yogurt Juice/Milk	Cereal Fruit Juice/Milk	Sausage, Egg and Cheese Burrito Yogurt Juice/Milk	Cinnamon Croissant Yogurt Juice/Milk
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When submitting payment for your child's account, please send check or cash in whole dollar amounts - Thank you! Prepayment is expected!

News from the biggest classroom in the school:

Local Foods include Kingsbury Farm Carrots, Green Mountain Harvest Lettuce and Basil. Neill Farm Burger.

From traditional breads to family celebrations, the holidays almost always mean special foods and recipes. It's a perfect time to talk about family food traditions, create new family traditions of your own, cook together and talk about healthy eating. Try these simple tips:

- Choose new recipes together; browse cookbooks or search the Web.
- Let kids make up shopping lists and help shop for recipe ingredients.
- Teach kids to spot nutritious ingredients, such as yogurt, low-fat milk, and brightly colored fruits and vegetables. Teach them that these foods help them grow and stay healthy.
- Most importantly, pre plan and schedule this special time, just like you would anything even when you are extremely busy!

