

Waitsfield Elementary October 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 1- Pork Roast with gravy 2-Tofu Skewers Roasted Root Vegetables Applesauce	2 <u>Breakfast for Lunch</u> 1- French Toast Bake 2- or waffle Sausage Fruit Salad Add Vermont Maple Syrup
5 <u>Meatless Monday</u> 1-Black Bean, Cheddar and Corn Quesadillas 2- Cheese Quesadilla Sesame Noodles	6 <u>Taco Tuesday</u> 1- with Local Beef 2- or with Beans Add lettuce, tomato, salsa or sour cream	7 <u>Hearty Stew</u> 1- with Beef and Vegetables 2- with Kidney beans and vegetables Buttered Egg Noodles	8 <u>Soup Bar</u> 1- Chicken Noodle 2- Tomato Vegetable Couscous Salad Garlicky Brussel Sprouts	9 <u>Homemade Pizza</u> 1-Pepperoni & Cheese 2-or Cheese
12 <u>NO SCHOOL</u> 	13 <u>NO SCHOOL</u> 	14 <u>Southern BBQ</u> 1- BBQ Pork Sandwich 2- or BBQ Tofu Sandwich Corn on the Cob Coleslaw	15 <u>All American BBQ</u> 1-Local Burger 2- or Veggie Burger Potato Salad add ketchup, mustard or our homemade zucchini relish	16 <u>Spaghetti</u> 1- with Meatballs 2-or Marinara Caesar Salad
19 <u>Meatless Monday</u> Creamy Penne Pasta Sauteed Broccoli	20 <u>Chili</u> 1-Local Beef & Bean 2- or Veggie & Bean Corn Basmati Rice	21 <u>Quesadillas</u> 1- Chicken & Cheddar 2-or Veggies & Cheddar Add Sour Cream or Salsa	22 <u>Stromboli</u> 1- Pepperoni, Ham & Cheese 2- or Cheese with Marinara Dipping Sauce	23 <u>Sloppy Joes</u> 1- with Local ground beef 2- or with veggie burgers
26 <u>Meatless Monday</u> 1-Grill Cheese Sandwich 2-Grill Tomato & Cheese Sandwich Tomato Soup	27 <u>Taco Tuesday</u> 1- with LOCAL Beef 2- or with Beans Add lettuce, tomato, salsa or sour cream	28 <u>Pot Pie</u> 1- Chicken & Root Veggies 2-or Root Veggies Served with Puff Pastry Shell	29 <u>Mexican Fajita Fiesta</u> 1- with Chicken 2-or Tofu Add Cheese, salsa, sour cream, tomato,onion,pepper, rice corn	30 <u>Homemade Pizza</u> 1-Pepperoni & Cheese 2-or Cheese

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

Trail Mix Apple Juice/Milk	Bagels with Cream Cheese Yogurt Juice/Milk	Yogurt Parfait Juice/Milk	Sausage, Egg and Cheese Muffin Yogurt Juice/Milk	Coffee Cake 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. Green beans, potatoes and onions from EWCM and Flint Brook Farm and Neill Farm Burger.

Wow! We just purchased an entire cow! 438 pounds of local ground beef from the Flint Brook Farm in Roxbury, Vermont.

Sandy made three mason jars of zucchini relish to add to our Burger day!!

It was great to see many of you at Open house last Thursday. We hope you will encourage your children to try school lunch.

A reminder you can join us in the lunchroom anyday. Just call us in the morning and we would be happy to include you in our school lunch that day. Have a great Fall Season! See you in the lunchroom!!

