



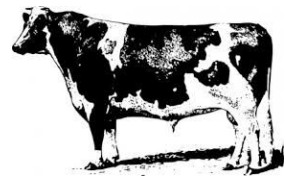



Waitsfield Elementary OCTOBER School Menu

Student \$3.25 Reduced Child FREE Adult \$3.75

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Quesadilla</u> 1- with squash, kale, corn and cheddar 2- or cheese Sesame Noodles	4 <u>Local Burger</u> 1-Cheeseburger 2-or Hamburger 3 - or Black Bean Burger Spiral Fries	5 <u>Soup Bar</u> 1-Tomato Beef 2-Chicken and Rice 3-Squash Soup 4-Tomato Bisque	6 Roasted Dinner 1- Pork Loin with gravy 2- Tofu Skewers Rice Pilaf Applesauce Pureed Squash	7 No School 
10 No School 	11 <u>Breakfast for Lunch</u> 1- Waffles 2-or Pancakes Sausage Fruit Salad Add Vermont Maple Syrup	12 <u>Stromboli</u> 1- Pepperoni, Ham and Cheese 2-Cheese with Marinara Dipping Sauce 3-Ham/Cheese Sandwich	13 <u>Sloppy Joes</u> 1- with local meat 2- with veggie burgers Quinoa Salad	14 <u>Caesar Wraps*</u> 1- Lettuce, Chicken & Parmesan 2- or Lettuce & Parmesan
17 <u>Lasagna</u> Layers of cheeses and marinara sauce with noodles Garlicky Bread	18 <u>Soup in a Bread Bowl</u> 1- Cheddar Broccoli Or 2-Beefy Stew In a homemade bread bowl	19 <u>Isabellas Chili</u> 1-Our traditional chili with local beef and a touch of maple syrup from Vasseur Brothers 2- Local Veggie Chili Corn Bread	20 <u>Fajitas</u> 1- chicken,vegetables and cheddar 2-with vegetables and cheese Basmati Rice	21 <u>Quiche</u> 1-Bacon & Cheddar 2-or Cheddar 3-or Ham & Cheddar Sandwich Italian Potatoes Caesar Salad
24 <u>Homemade Pizza</u> 1-Pesto & Cheese 2-or Cheese Hummus Dip with Carrots	25 <u>Taco Tuesday</u> 1- Meat or chicken 2-or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream. Rice	26 <u>Homestyle BBQ</u> 1-BBQ chicken legs 2- BBQ Tofu Potato Salad Watermelon	27 <u>Quiche</u> 1-Bacon & Cheddar 2-or Cheddar 3-or Ham & Cheddar Sandwich Italian Potatoes Caesar Salad	28 <u>Spaghetti</u> 1-with meatballs and marinara 2-with marinara Edamame Beans
31 Halloween 1-Bones,Legs & Tendon Sub (BLT) 2- Legs and Tendons Sub (LT & Cheese) Witches Brew (veg soup) Boobery Cobbler			 <p>Neill Farm Beef</p>	 <p>Vasseur Eggs</p>

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

Gorp Mix Yogurt Juice/Milk	Whole Wheat Bagel with Vermont Cream Cheese Yogurt Juice/Milk	Cereal (Rice Krispies) Yogurt Juice/Milk	Sausage, Egg and Cheese Muffin Yogurt Juice/Milk	Blackberry Muffin* Yogurt Juice/Milk
----------------------------------	------------------------------------------------------------------------	---------------------------------------------------	-----------------------------------------------------------	--------------------------------------------

When submitting payment for your child's account, please send check or cash in whole dollar amounts - Thank you!

Prepayment is expected!We ask you to keep the account balance positive. Menu subject to change due to supplies.

News from the biggest classroom in the school:

!! Share in the experience by trying out Meatless Mondays at home.

* Local Foods include Vasseur Brothers Syrup and Eggs, Neill Farm Beef and Corn,Green Mountain Harvest Lettuce and basil.

* Try out our TO GO MENU (located on our Fayston Foodservice Webpage) the next time your child has a field trip.

* Blackberries used for the Friday breakfast muffin were picked by Silas Gully and his family at Waitsfield School.

* Many thanks to the families who donated vegetables from your home gardens!!

