


Waitsfield Elementary August and September School Menu

Student \$3.25 Reduced Child FREE Adult \$4.50

Each day the lunch menu includes fresh LOCAL vegetables, yogurt/cottage cheese, fruit and milk (skim & 1%)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 <u>Meatless Monday</u> <u>Spaghetti</u> 1- with Mariana 2- or Cheese Sauce 3- or Local Pesto Kale chips</p>	<p>28 <u>Taco Tuesday</u> 1- with <i>Local</i> Beef or Chicken 2- or with Beans Add lettuce, tomato, salsa or sour cream</p>	<p>29 <u>Pizza*</u> 1- with Cheese 2- or with Cheese &amp; Pepperoni 3- Pesto</p>	<p>30 <u>Southern BBQ*</u> 1-BBQ Pork Sandwich 2-or BBQ Veggie Burger Cole Slaw Steamed Corn</p>	<p>31 <u>Raviolis</u> 1-<i>Local</i> Meat Sauce 2-or Marinara Caesar Salad</p>
<p>3 <u>No School</u></p> 	<p>4 <u>Stromboli*</u> 1- Pepperoni, Ham &amp; Cheese 2- or Cheese with Marinara Dipping Sauce</p>	<p>5 <u>Soup Bar</u> 1- Meaty Tomato Macaroni 3- or Tomato Macaroni 3-Chicken and Rice Homemade Whole Wheat Rolls</p>	<p>6 <u>Caesar Wraps*</u> 1- with Chicken and Parmesan Cheese 2-or with Parmesan</p>	<p>7 <u>Quiche</u> 1-Bacon &amp; Cheddar 2-or Cheddar Italian Potatoes Caesar Salad</p>
<p>10 <u>Meatless Monday</u> 1- Cabot Mac &amp; <i>Local</i> Cheese 2- or Cabot Mac &amp; Trees (broccoli) Roasted Beets</p>	<p>11 <u>Sandwich Bar*</u> 1-Meat &amp; Cheese 2- or Veggies &amp; Cheese 3- Tuna Sun Chips Pickle</p>	<p>12 <u>Pot Pie</u> 1- Chicken &amp; Root Veggies 2-or Root Veggies Served with Puff Pastry Shell</p>	<p>13 <u>Fried Rice</u> 1- with Pork and Veggies 2- with Veggies Sauteed fresh Broccoli Fortune Cookie</p>	<p>14 <u>Potato Bar</u> 1-Sweet Potato 2- or White Potato Add Cheese Sauce, Bacon, and/or Sour cream</p>
<p>17 <u>Meatless Monday*</u> Homemade Pizza 1- with Pesto &amp; Cheese 2- or with Cheese</p>	<p>18 <u>Chili</u> 1-<i>Local</i> Beef &amp; Bean 2- or Veggie &amp; Bean Corn Basmati Rice</p>	<p>19 <u>Quesadillas*</u> 1- Chicken &amp; Cheddar 2-or Veggies &amp; Cheddar Add Sour Cream or Salsa <i>Harvest of the Month Taste Testing</i></p>	<p>20 <u>Lucas' Penne Pasta*</u> 1-with Chicken and Broccoli 2- with Marinara 3- with Grated Cheese Steamed Broccoli</p>	<p>21 <u>Shepherd's Pie</u> 1- Corn, <i>Local</i> Beef and Mashed Potatoes 2- or Corn/Carrots &amp; Mashed Potatoes</p>
<p>24 <u>Meatless Monday*</u> 1-Grill Cheese Sandwich 2-Grill Tomato and Cheese Sandwich Tomato Soup</p>	<p>25 <u>Chowder</u> 1-Corn with Bacon 2- or just Corn Kale Chips</p>	<p>26 <u>Sandwiches</u> 1- Marinated Chicken Breast, Lettuce, Tomato 2- Cream Cheese, Tomato and Basil Kale Chips</p>	<p>27 <u>Chef Salad Bar</u> 1- Ham or Turkey 2 - American or Cheddar Cheese Boiled Eggs</p>	<p>28 <u>Homemade Pizza*</u> 1-Pepperoni &amp; Cheese 2-or Cheese Hummus Dip with Carrots</p>

Grab & Go Breakfast \$2.00 Child \$3.00 Adult Free Reduced child

Trail Mix Apple Juice/Milk	*Bagels with Cream Cheese Yogurt Juice/Milk	Yogurt Parfait (french vanilla yogurt, granola and berries Juice/Milk	Graham crackers and Peanut butter Yogurt Juice/Milk	Vermont Maple Scone Yogurt Juice/Milk
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\*denotes Whole Wheat

When submitting payment for your child's account, please send check or cash in whole dollar amounts. You can now pay online using our eFunds services.- Thank you! **Prepayment is expected!**

***Please see page 2 for News from our BIGGEST classroom!***

### News from the biggest classroom in the school:

Welcome back to a new school year! We hope everyone has enjoyed this lovely summer and are looking forward to being back and ready to learn. A big part of your students being successful throughout the day is what they eat. We encourage everyone to eat our healthy school lunches and breakfasts.

We will continue to offer two breakfast options EVERY Day!! We will offer our main option daily (which will change month to month) and KIX cereal. Please see our menu for daily main option. Students will be asked to choose in their classrooms in the morning which breakfast they would care to have.

School lunches will be the same price again this year \$3.25 for lunch and a slight increase to \$2.00 for breakfast. We encourage you to give school lunch and breakfast a try. For \$3.25, your child will receive a nutritious and healthy lunch. Each day the lunch menu includes a full salad bar, yogurt/cottage cheese, fruit and milk. It is still the cheapest lunch around town! Breakfast is 2.00 and includes every day milk/juice and yogurt.

We are again working with many local farmers in the area. We are proud to bring back lettuce and basil from Green Mountain Harvest and beef from the Neill Farm. We also will be sharing in the bounty of our school gardens. If you have any vegetables you won't use at home, we would always welcome them to our kitchen.

Included in your first day of school packets is an application for free/reduced lunch. We encourage you to apply, as every application approved helps the school with grant funding eligibility, as well as the school lunch program. The school lunch program. Every child approved will receive a delicious breakfast and/or lunch made from scratch every school day. Applications can be submitted anytime, but we encourage you to get our applications in ASAP to have your child start receiving yummy breakfast and lunch daily. All applications are kept confidential so please put your application in an envelope to help keep your records confidential.

Paying for your students school lunch or breakfast is as easy as sending check or cash payment to our front office or by signing up online with our efunds program. You can easily access our efunds website by going to the Waitsfield School website at [www.waitsfieldschool.org](http://www.waitsfieldschool.org). Once on our home page, scroll down and click on services, then cafeteria. On our cafeteria page you will see a link to click named efunds. This easy to use service is the best way to pay online and keep track of your students activity. You can also see online activity (lunches and/or breakfast your child has taken) on our powerschool website. You can ask our administrative assistants for your child's student ID number to access that information.

On the third Wednesday of each month we will be conducting a Harvest of the Month Taste Test. Starting in September we will be taste testing Swiss Chard. We would welcome some volunteers to help with the taste of the month. If you have an hour to spare once a month we would welcome you. Feel free to contact me at [cjoslin@wwsu.org](mailto:cjoslin@wwsu.org) or by calling me at 802.496.3636.

Occasionally, for various reasons, our menu needs to change. We try our best to let you know ahead of time, but please know that even if your child does not care for the main option there are still many other choices that are offered. We offer a full salad bar, fruit and yogurt/ cottage cheese every day. We often have leftovers from previous days we also will offer.

Families are always welcome to join their students for lunch. Adult prices are \$4.50 for lunch and \$3.00 for breakfast.

We look forward to a fun and exciting year of learning in our lunchroom.

Please feel free to contact me with any questions or concerns!

Best,  
Chef Cheryl Joslin and Chef Sarah Bray