


Fayston Elementary OCTOBER School Menu
 Student \$3.25 Reduced Child FREE Adult \$4.50

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>Quesadilla</u> 1- with Squash, Kale, Corn and Cheddar 2- or Cheese Sesame Noodles</p>	<p>2 <u>Taco Tuesday</u> 1- Meat or Chicken 2- or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream.</p>	<p>3 <u>Soup Bar</u> 1- Corn Chowder 2- Squash Soup 3- Tomato Bisque Whole Wheat Bun</p>	<p>4 <u>Pot Pie</u> 1- with Chicken and Root Vegetables 2- or with Root Vegetables Applesauce Pureed Squash</p>	<p>5 No School </p>
<p>8 No School</p>	<p>9 <u>Breakfast for Lunch</u> 1- Waffles 2- or Pancakes Sausage Fruit Salad Add Vermont Maple Syrup</p>	<p>10 <u>Fajitas</u> 1- Chicken, Vegetables and Cheddar 2- with Vegetables and Cheddar Basmati Rice</p>	<p>11 <u>Burgers</u> 1- Hamburger 2- Cheeseburger 3. Black Bean Burger Tater Tots Add Zucchini Relish, ketchup or mustard</p>	<p>12 <u>Pizza</u> 1- Pesto & Cheese 2- or Cheese 3- Pepperoni and cheese</p>
<p>15 <u>Lasagna</u> Layers of cheeses and marinara sauce with noodles Garlicky Bread</p>	<p>16 <u>Soup in a Bread Bowl</u> 1- Cheddar Broccoli Or 2- Beefy Stew In a homemade bread bowl</p>	<p>17 1- Roasted Chicken with house made Zucchini Relish 2- Roasted Tofu with house made Zucchini Relish Steamed Red Potatoes</p>	<p>18 <u>Stromboli</u> 1- with Ham and Cheese 2- with Cheese Marinara Dipping Sauce</p>	<p>19 <u>Quiche</u> 1- Bacon & Cheddar 2- or Cheddar 3- or Swiss Chard and Cheddar Italian Potatoes Caesar Salad</p>
<p>22 <u>Homemade Pizza</u> 1- Pesto & Cheese 2- or Cheese</p>	<p>23 <u>Taco Tuesday</u> 1- Meat or chicken 2- or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream.</p>	<p>24 Harvest of the Month Taste Test - Zucchini Homestyle BBQ 1- BBQ chicken legs 2- BBQ Tofu Kale Cranberry Salad Watermelon</p>	<p>25 <u>Isabella's Chili</u> 1- Our traditional chili with local beef and a touch of maple syrup from Vasseur Brothers 2- Local Veggie Chili Corn Bread</p>	<p>26 <u>Spaghetti</u> 1- with meatballs and marinara 2- with marinara Edamame Beans</p>
<p>29 <u>Meatless Monday</u> Cheesy Bread Tomato Soup Kale Caesar Salad</p>	<p>30 <u>Sloppy Joes</u> 1- with local meat 2- with veggie burgers Quinoa Salad</p>	<p>31 <u>Halloween</u> -Bones, Legs & Tendon Sub (BLT) 2- Legs and Tendons Sub (LT & Cheese) Witches Brew (veg soup) Boooberry Cobbler</p>	<p>Neill Farm Beef</p>	

Grab & Go Breakfast \$2.00 Child \$2.50 Adult Free Reduced child

Trail Mix Yogurt Juice/Milk	Cheese Sticks/ Pretzel Yogurt Juice/Milk	Applesauce and Cheese Stick Yogurt Juice/Milk	Graham Crackers and Peanut butter Yogurt Juice/Milk	Mixed Berry Muffin 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! We ask you to keep the account balance positive. Menu subject to change due to supplies.

News from the biggest classroom in the school:

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

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

* This month our monthly taste test is Zucchini! October 24th!!

Hello Healthy Swiss Chard Eaters,

Our first monthly taste test was a success. We tried Swiss Chard Quiche. The Swiss Chard was planted on Farm Day by our preschoolers last year. We have had tremendous success with our school gardens this season, swiss chard included. We harvested cucumbers, peppers, lettuce, squash, green beans, onions and soon sweet potatoes.

Did you know we have a FACEBOOK page? Take a minute to look us up!! Fayston and Waitsfield Foodservice.

<https://www.facebook.com/Fayston-and-Waitsfield-Food-Services-314427149301265/?ref=settings>

Our next taste test will be Zucchini!! Until then.....see you in the lunchroom!

~ Mrs. Joslin