
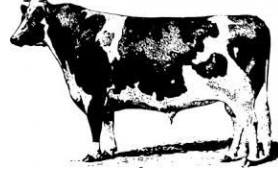






Waitsfield Elementary November School Menu
 Student \$3.25 Reduced Child FREE Adult \$4.50

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Hero Day</u> 1- Meatballs, Sauce and Cheese Hero 2- Cheese and Vegetables Hero Kale Caesar Salad	2 <u>Fried Rice</u> 1- with Chicken and Vegetables 2- with Vegetables Fortune Cookies Garlicky Broccoli
5 <u>Lo Mein</u> 1- with Chicken and Vegetables 2- with Tofu and Vegetables	6 <u>Soup Bar</u> 1- Tomato Bisque 2- Broccoli Cheddar 3- Beef Stew 4- Squash Soup French Bread	7 <u>Parmigiana</u> 1- with Chicken 2- with Eggplant Served over Pasta Sautéed Broccoli	8 <u>Burritos</u> 1- with Chicken and Cheese 2- with Cheese and Vegetables Basmati Rice	9 <u>Bag lunches</u> Please pre order with your students classroom teacher 1- Ham and Cheese 2- Lettuce and Cheese
12 <u>Pasta Bar</u> 1- with Tomato Sauce 2- with Cheese Sauce 3- with Pesto	13 <u>Caesar Salad Wraps</u> 1- with Chicken & Parmesan Cheese 2- or with Parmesan	14 <u>Chef Salad Bar</u> Ham Turkey Cheese Boiled Eggs And more.....	15 <u>Thanksgiving Luncheon</u> Turkey Stuffing Mashed Potatoes Peas Cranberry Sauce Carrot Souffle Squash Pumpkin Bread	16 <u>Southern BBQ</u> 1- BBQ Pork 2- BBQ Tofu On whole wheat bun Cole Slaw
19 <u>Meatless Monday</u> Grill Cheese Tomato Soup	20 <u>Taco Tuesday</u> 1- with Local Beef 2- with Chicken 3- with Refried Beans Add sour cream, lettuce tomato and salsa	21 No School 	22 No School  Happy Thanksgiving	23 No School 
26 <u>Breakfast for Lunch</u> Waffles Fruit Salad Vermont Maple Syrup	27 <u>Pot Pie</u> 1- with Chicken and Root Vegetables 2- with Root Vegetables Cranberry Sauce	28 <u>Homemade Pizza</u> 1- Pepperoni and Cheese 2- Cheese 3- Cheese and Vegetables	29 <u>Burritos</u> 1- with Local Beef and cheese 2- with Refried Beans and cheese Add sour cream and salsa	30 <u>Spaghetti</u> 1- with Meat Sauce 2- with Marinara

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

Trail mix Yogurt Juice/Milk	Bagel and Cream Cheese Yogurt Juice/Milk	Applesauce and String Cheese Yogurt Juice/Milk	Graham Crackers and Peanut Butter 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! We ask you to keep the account balance positive. Menu subject to change due to supplies.

News from the biggest classroom in the school:

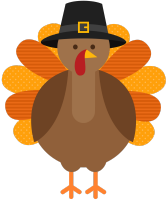
** Meatless Monday Continues!!! Share in the experience by trying out Meatless Mondays at home.*

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



Greetings from the biggest classroom!

This month we celebrated Zucchini! We orchestrated a successful Zucchini taste test in both schools. We taste tested Zucchini Relish which was made right here at school during zucchini season!!! We also taste tested Zucchini Cheesy Tots. These would make a great snack for students after school and would also be fun to cook with your children. Please see below for the recipe.



This month we will be celebrating Thanksgiving with our Tenth Annual Thanksgiving Luncheon on NOVEMBER 15. Please be looking in the next couple weeks for our invitation to join us.

Feel free to come join us in the lunchroom for lunch or to take part in our taste tests. We would love to see you. Enjoy November.....Until next month.....

Zucchini Cheesy Tots

INGREDIENTS

- 1 medium zucchini
 - 2 eggs
- 1/4 cup panko bread crumbs
- 1/4 cup regular bread crumbs
 - 1 tsp salt
 - 1/4 tsp pepper
 - 3/4 tsp garlic powder
- 1 cup shredded cheddar cheese
 - Marinara

INSTRUCTIONS

1. Preheat the oven to 400. Line a baking sheet with parchment or spray with cooking spray.
2. Grate the zucchini into a clean dish towel. Wrap the towel up and squeeze out as much liquid as possible.
3. In a large bowl, stir together the zucchini, eggs, panko, bread crumbs, salt, pepper, garlic powder, and cheese.
4. Scoop by rounded spoonfuls onto the prepared baking sheet. Bake 20-25 minutes, or until golden brown. Serve warm with marinara sauce for dipping