


## Waitsfield Elementary School Menu

Lunch \$3.25 Child \$3.75 Adult Free Reduced child

### September

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Labor Day</b> <b>No School</b>  	<b>2</b> 1- <b>Homemade Mac and Cheese</b> 2- <b>Peanut Butter and Jelly Sandwich</b> <b>Tomato Basil Salad</b>	<b>3</b> <b>Soup Bar</b> 1- <b>Broccoli Cheddar Soup</b> 2- <b>or Tomato Bisque</b> 3- <b>or Chicken Vegetable Soup or</b> 4- <b>or Ham/Cheddar Sandwich</b>	<b>4</b> <b>Taco Bar</b> 1- <b>Meat</b> 2- <b>or Bean</b> Add <b>Cheese, Lettuce, Tomato, Salsa or Sour Cream.</b> <b>Rice</b>	<b>5</b> <b>Stromboli</b> 1- <b>Pepperoni, Ham and Cheese</b> 2- <b>Cheese with Marinara Dipping Sauce</b> 3- <b>Ham/Cheese Sandwich</b>
<b>8</b> <b>Baked Potato</b> 1- <b>Sweet Potato</b> 2- <b>Idaho Potato</b> Bacon, <b>Cheese sauce, Sour Cream, Butter &amp; Cheddar</b> <b>Spinach Salad</b>	<b>9</b> <b>Super Quesadillas</b> 1- <b>Chicken &amp; Cheese</b> 2- <b>or Cheese</b> 3- <b>Veggies &amp; Cheese</b> Black <b>Bean and Corn Salsa, Sour Cream</b>	<b>10</b> 1- <b>BBQ Pulled Pork</b> 2- <b>or BBQ Tofu</b> 3- <b>or Ham &amp; Cheese Sandwich</b> Cole <b>Slaw</b> <b>Beet Chips</b>	<b>11</b> <b>Spaghetti</b> 1- <b>Meat Sauce</b> 2- <b>or Marinara</b> 3- <b>or Peanut Butter &amp; Jelly Sandwich</b> <b>Rolls</b> <b>Caesar Salad</b>	<b>12</b> <b>Homemade Pizza</b> 1- <b>Pepperoni &amp; Cheese</b> 2- <b>or Cheese</b> Hummus <b>Dip with Carrots</b>
<b>15</b> 1- <b>Homemade Mac &amp; Cheese</b> 2- <b>or Peanut Butter &amp; Jelly Sandwich</b> <b>Tomato Basil Salad</b>	<b>16</b> 1- <b>Meatball Sub</b> 2- <b>or Falafel Sub</b> Roasted <b>Beets</b> <b>Spinach Salad</b>	<b>17</b> <b>Chef Salad Bar</b> 1- <b>Ham &amp; Turkey</b> 2- <b>Cheddar or American</b> <b>Basmati Rice</b>	<b>18</b> <b>Chili</b> 1- <b>Meat</b> 2- <b>or veggie</b> 3- <b>or ham &amp; Cheese Sandwich</b> <b>Corn Bread</b> <b>Sour Cream, Cheddar</b>	<b>19</b> <b>Quiche</b> 1- <b>Bacon &amp; Cheddar</b> 2- <b>or Cheddar</b> 3- <b>or Ham &amp; Cheddar sandwich</b> <b>Italian Potatoes</b> <b>Caesar Salad</b>
<b>22</b> <b>Homemade Pizza</b> 1- <b>Veggies &amp; Cheese</b> 2- <b>or Cheese</b> Hummus <b>Dip with Carrots</b>	<b>23</b> <b>Penne Pasta</b> 1- <b>Pesto</b> 2- <b>or Marinara Sauce</b> 3- <b>or Peanut Butter &amp; Jelly Sandwich</b> <b>Roasted Tomatoes</b>	<b>24</b> <b>Quesadillas</b> 1- <b>Turkey, Bacon &amp; Cheddar</b> 2- <b>or Cheddar</b> <b>Sun Chips</b> <b>Hummus Dip &amp; Carrots</b>	<b>25</b> <b>Neill Farm Burger</b> 1- <b>Cheeseburger</b> 2- <b>or Hamburger</b> 3 - <b>or Black Bean Burger</b> <b>Sweet Potato Fries</b>	<b>26</b> <b>Baked Sandwiches</b> 1- <b>Ham &amp; Cheddar</b> 2- <b>or cheddar</b> 3- <b>or Pesto, Tomato &amp; Mozzarella</b> <b>Tomato Soup</b> <b>Steamed Edamame beans</b>
<b>30</b> <b>Pierogies</b> 1- <b>Marinara</b> 2- <b>Sour Cream and Onions</b> <b>Caesar Salad</b>	<b>31</b> <b>Super Quesadillas</b> 1- <b>Chicken &amp; Cheese</b> 2- <b>or Bean Cheese</b> 3- <b>or Veggie &amp; Cheese</b> Black <b>Bean &amp; Corn Salsa, Sour Cream</b>			

Each day the lunch menu includes: salad bar, yogurt/cottage cheese, and milk (skim or 1%).

\* Denotes Whole Wheat

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

Gorp Mix Fruit Juice/Milk	Blackberry Muffin Fruit Juice/Milk	Cereal Fruit Juice/Milk	Sausage, Egg and Cheese Muffin Fruit Juice/Milk	Bagel with cream cheese Fruit 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:

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

\* *Local Foods include Kingsbury Farm Carrots, lettuce, beets, tomatoes and spinach. Green Mountain Harvest Lettuce and basil. Neill Farm Burger. Our School gardens are producing lots of tomatoes. Blackberries from Waitsfield School Gardens. Yeah!*

\* *Try out our new TO GO MENU (located on our Fayston Foodservice Webpage) the next time your child has a field trip. All adults are encouraged!*