



Waitsfield Elementary OCTOBER School Menu
 Student \$3.25 Reduced Child FREE Adult \$3.75

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <u>Chowder</u> 1-Corn with Bacon 2- Corn Kale Chips</p>	<p>2 <u>Penne Pasta</u> 1-with Chicken and Broccoli 2- with Marinara 3- with Grated Cheese Steamed Broccoli</p>	<p>3 <u>Hurdle Special</u> 1- Cheesy Bread 2- or Ham and Cheese Sandwich Roasted Beets *see note below</p>
<p>6 Pot stickers with Stir Fry Veggies Sesame Noodles Fortune Cookies</p>	<p>7 <u>Caesar Wraps*</u> 1- Lettuce, Chicken & Parmesan 2- or Lettuce & Parmesan 3-tuna sandwich</p>	<p>8 <u>Stromboli</u> 1- Pepperoni, Ham and Cheese 2-Cheese with Marinara Dipping Sauce 3-Ham/Cheese Sandwich *See Note Below</p>	<p>9 <u>Spaghetti</u> 1-Meat Sauce 2-or Marinara 3-or Peanut Butter & Jelly Sandwich Caesar Salad</p>	<p>10 <u>Glorified Bag Lunch</u> 1 - Salami and Cheese 2- Tuna salad 3 - Veggies and Cheese Sun Chips Yogurt Carrot Sticks Fresh Fruit Water/milk</p>
<p>13 No School Columbus Day</p>	<p>14 No School Teacher Inservice Day</p>	<p>15 <u>Baked Beans</u> 1-with Franks 2- with Kielbasa 3- Vegetarian Corn Bread Kale Chips</p>	<p>16 <u>Super Burritos</u> 1- Beef and Cheddar 2-Beans and Cheddar Add Cheese, Homemade Salsa or Sour cream</p>	<p>17 <u>Quiche</u> 1-Bacon & Cheddar 2-or Cheddar 3-or Ham & Cheddar Sandwich Italian Potatoes Caesar Salad</p>
<p>20 <u>Homemade Pizza</u> 1-Pesto & Cheese 2-or Cheese Hummus Dip with Carrots</p>	<p>21 <u>Taco Bar</u> 1- Meat 2-or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream. Rice</p>	<p>22 <u>Breakfast for Lunch</u> 1- French Toast Bake 2-or Pancakes Sausage Fruit Salad Add Vermont Maple Syrup</p>	<p>23 <u>Southern BBQ</u> 1-BBQ Pork Sandwich 2-or BBQ Tofu Sandwich 3- Cole Slaw Steamed Corn</p>	<p>24 <u>Shepard's Pie</u> 1- Corn, Local Beef and Mashed Potatoes 2- or Corn/Carrots & Mashed Potatoes 3- or Peanut Butter & Jelly</p>
<p>27 <u>Raviolis</u> 1- with Mariana 2- or Cheese Sauce 3- or Pesto</p>	<p>28 <u>Chef Salad Bar</u> 1-Ham & Turkey 2-Cheddar or American Basmati Rice</p>	<p>29 <u>Local Burger</u> 1-Cheeseburger 2-or Hamburger 3 - or Black Bean Burger Sweet Potato Fries</p>	<p>30 <u>Homemade Pizza</u> 1-Pepperoni & Cheese 2-or Cheese Hummus Dip with Carrots</p>	<p>31 <u>Halloween</u> 1-Bones,Legs & Tendon Sub (BLT) 2- Legs and Tendons Sub (L.T & Cheese) Witches Brew (veg soup) Boooberry Cobbler</p>

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

Gorp Mix Fruit Juice/Milk	Blueberry Muffin Fruit Juice/Milk	Cereal Fruit Juice/Milk	Sausage, Egg and Cheese Muffin Fruit Juice/Milk	Apple Cinnamon Danish 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.
 * Try out our new TO GO MENU (located on our Fayston Foodservice Webpage) the next time your child has a field trip. Our fifth and sixth graders will be on a field trip **OCTOBER 8**. Please order from our TO GO MENU ASAP. We love when chaperones enjoy our TG lunches too!
 *Hurdle Special - Dedicated to a special "lunch lady" who worked at HUHS for many years. This was her speciality!