

Waitsfield Elementary August and September 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>29 <u>Meatless Monday</u> <u>Spaghetti</u> 1- with Mariana 2- or Cheese Sauce 3- or Pesto</p>	<p>30 <u>Caesar Wraps*</u> 1- with Chicken and Parmesan Cheese 2- or with Parmesan</p>	<p>31 <u>Homemade Pizza*</u> 1- with Cheese 2- or with Cheese & Pepperoni</p>	<p>1 <u>Fried Rice</u> 1- with Pork and Veggies 2- with Veggies Fortune Cookie</p>	<p>2 <u>Potato Bar</u> 1- Sweet Potato 2- or White Potato Add Cheese Sauce, Bacon, and/or Sour cream</p>
<p>5 <u>No School</u> </p>	<p>6 <u>Stromboli*</u> 1- Pepperoni, Ham & Cheese 2- or Cheese with Marinara Dipping Sauce</p>	<p>7 <u>Soup Bar</u> 1- Meaty Tomato Macaroni 3- or Tomato Macaroni 3-Chicken and Rice Homemade Whole Wheat Rolls</p>	<p>8 <u>Taco (Hard Shell)</u> 1- with Local Beef or Chicken 2- or with Beans Add lettuce, tomato, salsa or sour cream</p>	<p>9 <u>Quiche</u> 1-Bacon & Cheddar 2-or Cheddar Italian Potatoes Caesar Salad</p>
<p>12 <u>Meatless Monday</u> 1-Homemade Cabot Mac & Local Cheese 2- or Cabot Mac & Trees (broccoli) Roasted Beets</p>	<p>13 <u>Sandwich Bar*</u> 1-Meat & Cheese 2- or Veggies & Cheese 3- Tuna Sun Chips Pickle</p>	<p>14 <u>Pot Pie</u> 1- Chicken & Root Veggies 2-or Root Veggies Served with Puff Pastry Shell</p>	<p>15 <u>Southern BBQ*</u> 1-BBQ Pork Sandwich 2-or BBQ Tofu Sandwich Cole Slaw Steamed Corn</p>	<p>16 <u>Raviolis</u> 1-Local Meat Sauce 2-or Marinara Caesar Salad</p>
<p>19 <u>Meatless Monday*</u> Homemade Pizza 1- with Pesto & Cheese 2- or with Cheese</p>	<p>20 <u>Chili</u> 1-Local Beef & Bean 2- or Veggie & Bean Corn Basmati Rice</p>	<p>21 <u>Quesadillas*</u> 1- Chicken & Cheddar 2-or Veggies & Cheddar Add Sour Cream or Salsa</p>	<p>22 <u>Lucas' Penne Pasta*</u> 1-with Chicken and Broccoli 2- with Marinara 3- with Grated Cheese Steamed Broccoli</p>	<p>23 <u>French Bread Pizza*</u> 1- with Cheese 2-or with Pepperoni and Cheese Steamed Broccoli</p>
<p>26 <u>Meatless Monday*</u> 1-Grill Cheese Sandwich 2-Grill Tomato and Cheese Sandwich Tomato Soup</p>	<p>27 <u>Chowder</u> 1-Corn with Bacon 2- or just Corn Kale Chips</p>	<p>28 <u>Shepherd's Pie</u> 1- Corn, Local Beef and Mashed Potatoes 2- or Corn/Carrots & Mashed Potatoes</p>	<p>29 <u>Chef Salad Bar</u> 1- Ham or Turkey 2 - American or Cheddar Cheese Boiled Eggs</p>	<p>30 <u>Homemade Pizza*</u> 1-Pepperoni & Cheese 2-or Cheese Hummus Dip with Carrots</p>

Grab & Go Breakfast \$1.75 Child \$1.75 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	Sausage, Egg and Cheese Muffin 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 - Thank you! Prepayment is expected!

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 student being successful throughout the day is what they eat. We encourage everyone to eat our healthy school lunches and breakfasts, as part of that success plan.

We are happy to report the price of lunches/breakfasts HAS NOT changed. We encourage you to give school lunch and breakfast a try. For 3.25 for 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 the cheapest lunch around town!

Breakfast is 1.75 and includes everyday milk/juice and yogurt. It's a great way for your student to start the day!

We are again working with many local farmers in the area. We are proud to bring back lettuce 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.

Finally, we have a new Chef joining our team! We are proud to introduce Matt Enriquez. Matt comes to us with a full culinary background. He was recently married and lives in Morrisville. Feel free to stop by and see Chef Matt anyday from 10:30 to 12:30 at the Waitsfield School.

We look forward to seeing everyone's bright and shiny faces in just a few weeks! Enjoy the last few weeks of summer vacation!!