



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Quesadilla</u> 1- with squash, kale, corn and cheddar 2- or cheese Sesame Noodles</p>	<p>3 <u>Taco Tuesday</u> 1- Meat or chicken 2- or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream.</p>	<p>4 <u>Soup Bar</u> 1-Tomato Beef with macaroni 2-Squash Soup 3-Tomato Bisque</p>	<p>5 <u>Pot Pie</u> 1- with Chicken and Root Vegetables 2- or with Root Vegetables Applesauce Pureed Squash</p>	<p>6 No School </p>
<p>9 No School </p>	<p>10 <u>Breakfast for Lunch</u> 1- Waffles 2- or Pancakes Sausage Fruit Salad Add Vermont Maple Syrup</p>	<p>11 <u>Fajitas</u> 1- chicken, vegetables and cheddar 2- with vegetables and cheese Basmati Rice</p>	<p>12 <u>Sloppy Joes</u> 1- with local meat 2- with veggie burgers Quinoa Salad</p>	<p>13 <u>Homemade Pizza</u> 1- Pesto & Cheese 2- or Cheese 3- or Pepperoni and cheese</p>
<p>16 <u>Lasagna</u> Layers of cheeses and marinara sauce with noodles Garlicky Bread</p>	<p>17 <u>Soup in a Bread Bowl</u> 1- Cheddar Broccoli Or 2- Beefy Stew In a homemade bread bowl</p>	<p>18 Indian holiday of Diwali Celebration Menu TBA </p>	<p>19 <u>Stromboli</u> 1- with Ham and Cheese 2- with Cheese Marinara Dipping Sauce</p>	<p>20 <u>Quiche</u> 1- Bacon & Cheddar 2- or Cheddar 3- or Ham & Cheddar Sandwich Italian Potatoes Caesar Salad</p>
<p>23 <u>Homemade Pizza</u> 1- Pesto & Cheese 2- or Cheese Hummus Dip with Carrots</p>	<p>24 <u>Taco Tuesday</u> 1- Meat or chicken 2- or Bean Add Cheese, Lettuce, Tomato, Salsa or Sour Cream.</p>	<p>25 Harvest of the Month Taste Test - KALE <u>Homestyle BBQ</u> 1- BBQ chicken legs 2- BBQ Tofu Kale Cranberry Salad Watermelon</p>	<p>26 <u>Isabellas 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>27 <u>Spaghetti</u> 1- with meatballs and marinara 2- with marinara Edamame Beans</p>
<p>30 <u>Meatless Monday</u> Cheesy Bread Tomato Soup Kale Caesar Salad</p>	<p>31 <u>Halloween</u> - Bones, Legs & Tendon Sub (BLT) 2- Legs and Tendons Sub (LT & Cheese) Witches Brew (veg soup) Ecooberry Cobbler</p>	<p></p>	<p> Neill Farm Beef</p>	<p> Vasseur Eggs</p>

Grab & Go Breakfast \$1.75 Child \$2.50 Adult Free Reduced child

Trail Mix Yogurt Juice/Milk	Cheese Sticks/ French bread Yogurt Juice/Milk	Fruit Smoothies Yogurt Juice/Milk	Graham Crackers and Peanut butter Yogurt Juice/Milk	Pumpkin bread Yogurt Juice/Milk
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Please note changes in breakfast menu!!

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

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

* Try out our TO GO MENU (located on our Fayston Foodservice Web Page) the next time your child has a field trip.

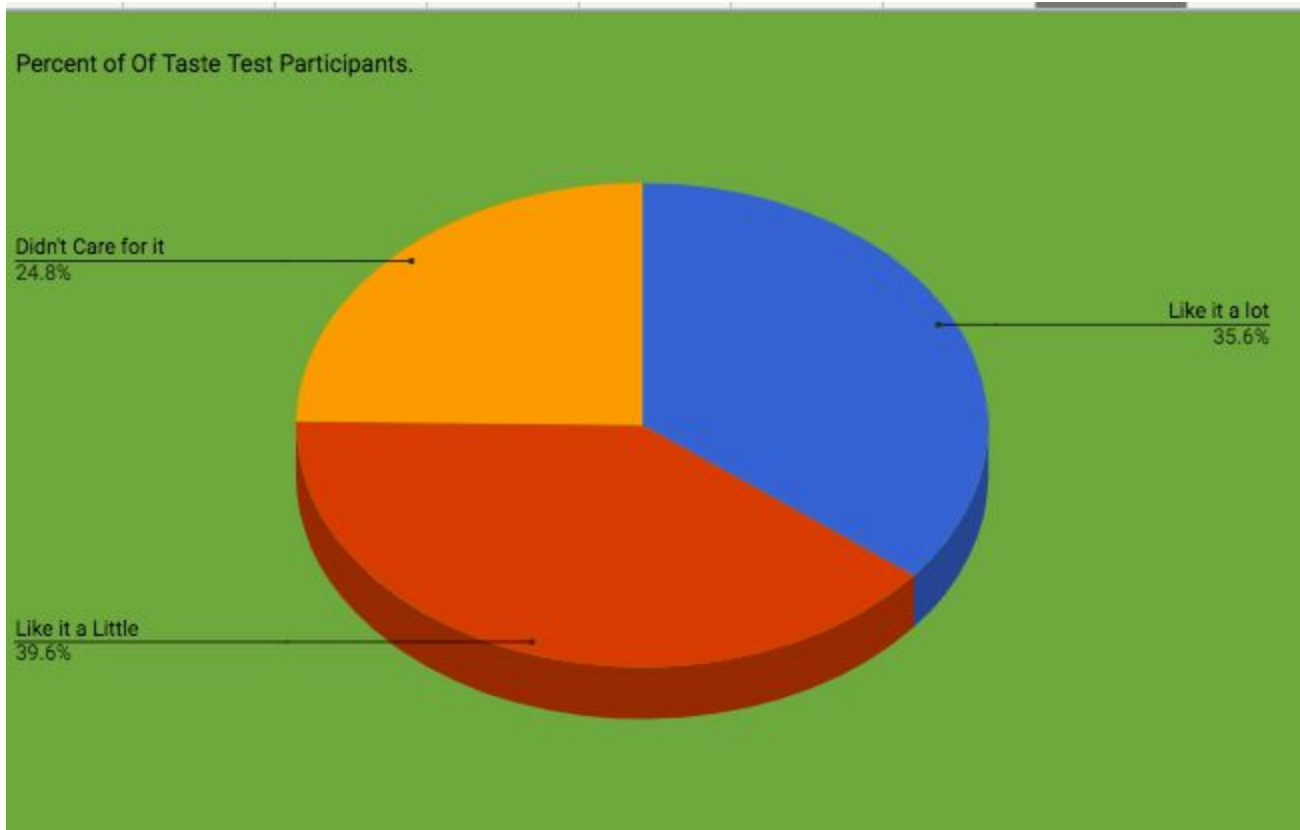
* This month our monthly taste test is KALE!! October 25!!

Also this month we will begin our study on multicultural Celebrations by celebrating the Indian Holiday of Diwali



Hello Healthy Swiss Chard Eaters,

Our first monthly taste test was a success. This graph made by Jasper Mayone will give you a visual on how it went. Swiss Chard was provided by our local Farmer David Hartshorn! We encourage you to stop by and see him at his stand on Rt. 100!



In Health class with Miss Ally students were able to learn about Swiss Chard by using their 5 senses. Students were given a piece of Swiss Chard to Taste, Smell, Hear, See and Touch. They also played tag game while learning about the different Vitamins Swiss Chard has. I encourage you to ask them at home what they learned!

I hope you were all able to have a taste test at our Annual Open house.

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

~ Mrs. Joslin and Miss Bray