


Waitsfield Elementary November School Menu
 Student \$3.25 Reduced Child FREE Adult \$4.25

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <u>Quesadillas</u> 1- with Black Beans, Corn and Cheddar 2- Chicken and Cheddar Brown Rice</p>	<p>2 <u>Fried Rice</u> 1- with chicken and Vegetables 2-with Vegetables Fortune Cookies Garlicky Broccoli</p>	<p>3 <u>Hero Day</u> 1- Meatballs,sauce and cheese Hero 2- Cheese and Vegetables Hero Caesar Salad</p>
<p>6 <u>Lo Mein</u> 1- with Chicken and Vegetables 2- with Tofu and Vegetables</p>	<p>7 <u>Soup Bar</u> 1- Tomato Vegetable 2- Beef and Barley 3- Lentil French Bread</p>	<p>8 <u>Local Burger</u> 1-Cheeseburger 2-or Hamburger 3 - or Black Bean Burger Spiral Fries</p>	<p>9 <u>Chef Salad Bar</u> Ham Turkey Cheese Boiled Eggs And more.....</p>	<p>10 <u>Bag Lunch Sandwiches</u> 1- Ham and Cheese 2- Lettuce and Cheese Fruit Go Gurt Carrots Milk</p>
<p>13 <u>Breakfast for Lunch</u> French Toast Scrambled Eggs Homefries Fruit Salad</p>	<p>14 <u>Caesar Salad Wraps</u> 1- with Chicken & Parmesan Cheese 2- or with Parmesan</p>	<p>Harvest of the Month Taste Test SWEET POTATOES 15 <u>Stromboli</u> 1- with Ham, Pepperoni and Cheese 2- with Cheese Marinara dipping sauce</p>	<p>16 <u>Taco Tuesday</u> 1- with Local Beef 2- with Haddock 3- with Beans Add Cheese, Lettuce, Tomato, Salsa and Sour Cream</p>	<p>17 <u>Philly Sandwiches</u> 1- Steak and Cheese or 2- Vegetables and Cheese Add Peppers, onions and mushrooms</p>
<p>20 <u>Meatless Monday</u> Grill Cheese Tomato Soup</p>	<p>21 <u>Thanksgiving Luncheon</u> Turkey Stuffing Mashed Potatoes Peas Cranberry Sauce Carrot Souffle Squash Pumpkin Bread</p>	<p>22 No School </p>	<p>23 No School  Happy Thanksgiving</p>	<p>24 No School </p>
<p>27 <u>Pasta Bar</u> 1- with Pesto and tomatoes 2- with Marinara 3- with Alfredo Sauteed Green Beans</p>	<p>28 <u>Kids Pick</u> 1- Chicken Wings a. Honey mustard b. Barbeque 2- White Lasagna Spiral Fries</p>	<p>29 <u>Homemade Pizza</u> 1-Pepperoni and Cheese 2- Cheese 3-Cheese and Vegetables</p>	<p>30 <u>Burritos</u> 1- with Local beef and cheese 2- with refried beans and cheese Add sour cream and homemade salsa</p>	<p> Vasseur Eggs</p>

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

Trail mix Yogurt Juice/Milk	Honey Oat Roll Cheese Stick Yogurt Juice/Milk	Smoothies Yogurt Juice/Milk	Bagel and Cream Cheese 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.

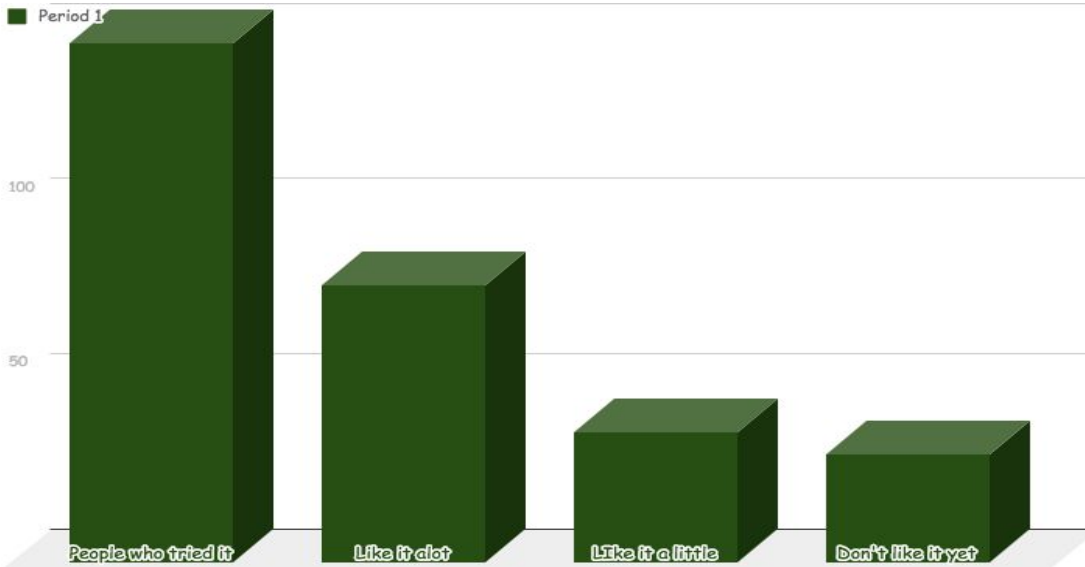
News from the biggest classroom in the school:

- * Meatless Monday's 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 KALE!! We orchestrated a successful Kale taste test in both schools. Here are the results from our survey.

Below are the two recipes we used for our Kale taste test.



Recipes ✂

Kale Parmesan Salad

Yield: 4-6 servings

Ingredients:

- 2 bunches fresh kale
- 2 Tbsp. olive oil (or vegetable oil)
- ½ cup parmesan cheese
- 2 Tbsp. fresh lemon juice
- salt and pepper, to taste
- garlic powder, to taste (optional)

Directions:

1. De-stem kale leaves and chop into bite-sized pieces.
2. Cook kale leaves in boiling water until tender, about 3-5 minutes.
3. Drain kale and squeeze dry. Fluff up leaves and transfer to a large bowl. Cool immediately.
4. In a small bowl, combine the oil, lemon juice, parmesan, black pepper and salt.
5. Cut tomatoes in half or quarters, add to small bowl.
6. Add oil mixture to kale, mix to coat, serve chilled.

Source: GMFTS.

Kale Pesto

Yield: 1½ cups

Ingredients:

- 4 garlic cloves
- 1 bunch of kale
- ¾ cup olive oil
- 1 cup parmesan cheese
- 1 Tbsp. fresh lemon juice
- salt and pepper, to taste

Directions:

1. Blanch stemmed kale for 30 seconds and drain.
2. Purée garlic and kale in a food processor, gradually adding oil, parmesan, lemon juice, salt and pepper.

Source: Bon Appétit.



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.....

We are KALE-ING it!

Cheryl and Sarah