


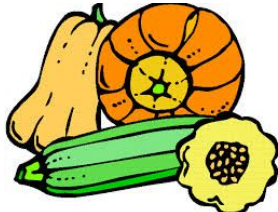


Waitsfield Elementary December School Menu
 Student \$3.25 Reduced Child FREE Adult \$4.25

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>Quesadillas</u> 1-Turkey, Bacon and Cheddar 2- or Cheddar and Sautéed Vegetables
4 <u>Meatless Monday</u> Stuffed Shells Or Ravioli Garlic Bread Sautéed Zucchini	5 <u>Stromboli</u> 1- with Ham and Cheese 2- with Cheese	6 <u>Tacos</u> 1- with Local Beef 2- with Beans Add sour cream and salsa	7 <u>Southern BBQ</u> 1- BBQ Pork Sandwich 2- BBQ Tofu Sandwich Cole Slaw Corn	8 1- Roasted Pork loin with Gravy 2-Baked Tofu with Sesame and Soy Roasted Cauliflower Green Beans
11 <u>Meatless Monday</u> 1-Homemade Cabot Mac & Local Cheese 2- or Cabot Mac & Trees (broccoli) Roasted Beets	12 <u>Soup Bar</u> 1- Beef Stew 2- Lentil (V) 3- Chicken Noodle	13 Turkey Stuffing Mashed potatoes Squash Gravy Cranberry Sauce	14 <u>Pizza</u> 1- with Cheese and Pepperoni 2- with Cheese	15 <u>Breakfast for Lunch</u> Waffles Sausage Fruit
18 <u>Hurdle Special*</u> Cheesy Bread Tomato Soup Sautéed Edamame	19 <u>Baked Potato Bar</u> Bacon Sour Cream Cheese Sauce Broccoli	20 <u>Squash Taste Test</u> <u>Spaghetti</u> 1- with meat sauce 2-with marinara sauce Kale Chips	21 Burgers 1- Local Beef 2- Black Bean Tater Tots	22 No School Happy Holidays

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

Trail Mix Apple Juice/Milk	Smoothies Cheese Stick Juice	Blueberry Muffin Juice/Milk	Bagels and cream cheese Yogurt Juice/Milk	Pumpkin Bread Yogurt Juice/Milk
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USDA is an Equal Opportunity Provider and Employer
 We offer local products when available.

When submitting payment for your child's account, please send check or cash in whole dollar amounts - Thank you! *Prepayment is expected!* You can manage your student account and make payments by visiting our school website home page and click the services tab followed by the cafeteria tab. You may also leave a payment with Kathi in the office.

News from the biggest classroom in the school:
 December 18 - Hurdle Special: a well known lunch lady from Harwood Union used to make this for her students. It's made like pizza but has a double layer of dough and a mixture of cheddar and mozzarella cheese in between the two layers.

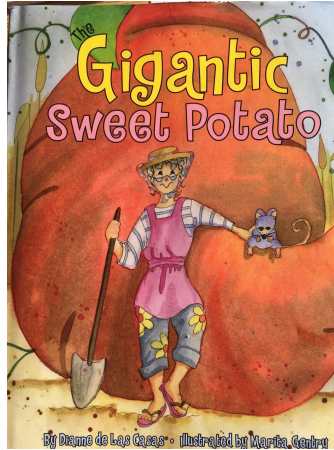
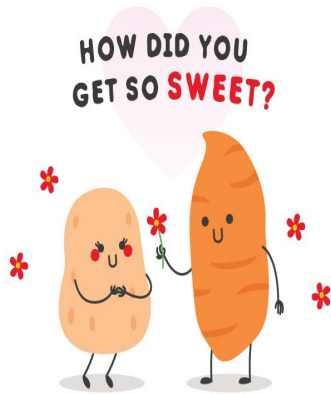
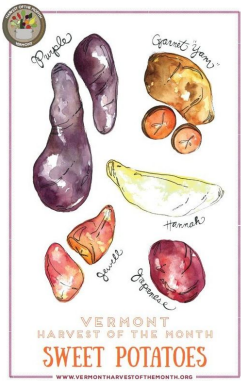
Please see page 2 for information about our monthly taste tests in the cafeteria!!

Wishing you a happy and safe holiday season.

Hello Healthy Eaters,

Last month we taste tested sweet potatoes in the school lunchroom. Did you know sweet potatoes are not related to the potato family but rather a member of the morning glory family? These tubers are native to Central America and come in white, yellow and orange varieties. They are often confused with yams, yet sweet potatoes are more flavorful and less starchy. Students and staff were encouraged to taste test mashed sweet potatoes with maple syrup, sweet potato hummus and sweet potato and black bean salad!

If you would like some reading material at home, we suggest reading ***The Gigantic Sweet Potato By Dianne de Las Casas***. We welcome you to join us on taste test day or anyday!!



See you in the lunchroom!

Percent of Of Taste Test Participants.

