





# Waitsfield Elementary January School Menu

Student \$3.25 Reduced Child FREE Adult \$4.25

Each day the lunch menu includes our full salad bar, fruit yogurt/cottage cheese and milk (skim & 1%).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>No School</b> 	<b>2</b> <b><u>Welcome Back Lunch</u></b> Cheese Raviolis with homemade Marinara Sauce Steamed Broccoli	<b>3</b> <b><u>Soup Bar</u></b> 1- Chicken Noodle Soup 2- Tomato Vegetable Caesar Salad	<b>4</b> <b><u>Sloppy Joes</u></b> 1- with Local Beef 2- or with Veggie Burger Kale Chips Add Cheese, ketchup or mustard	<b>5</b> <b><u>Corn Chowder</u></b> 1- with Bacon, Potatoes and Corn 2- or with Corn and Potatoes
<b>8</b> <b><u>Pizza Day</u></b> Homemade pizza 1- with cheese and pesto 2- with cheese	<b>9</b> <b><u>TACO Tuesday</u></b> 1- with local beef 2- with refried beans Add homemade salsa and sour cream	<b>10</b> <b><u>Southern BBQ</u></b> 1- Pulled Pork Sandwich 2- BBQ Tofu Sandwich Cole Slaw	<b>11</b> <b><u>Super Burritos</u></b> 1- with Rice Local Beef and Beans and Cheese 2- with Rice and Refried beans and Cheddar Cheese Add salsa and sour cream	<b>12</b> <b><u>Sandwiches</u></b> 1-Chicken Patty Sandwich on Whole wheat bun Or 2-Veggie Sandwich Sweet Potato Fries Add Lettuce and tomato
<b>15</b> <b>No School</b> 	<b>16</b> <b><u>BLT Sandwich</u></b> 1- with Bacon, Lettuce and Tomato 2- with Avocado, Lettuce and Tomato Chips	<b>17</b> <b><u>TASTE TEST DAY</u></b> <b>DAIRY</b> 1-Roasted Pork Loin with gravy 1-Baked Sesame Soy Tofu Mashed potatoes Green beans Sunshine Yogurt Dip	<b>18</b> <b><u>Brunch for Lunch</u></b> Waffles with Vermont Maple Syrup Vermont Country Farm Sausage Home Fries Fruit salad	<b>19</b> <b><u>Pizza Day</u></b> 1-with Cheese or 2-with Cheese and Pepperoni
<b>22</b> <b><u>Red Day</u></b> Maple Apple Chicken Steamed Red Potatoes Watermelon Red Cabbage Radish Strawberry Yogurt	<b>23</b> <b><u>Orange Day</u></b> Beef or Bean Burrito Carrot Souffle Orange Peppers Carrots Cantaloupe Orange Juice	<b>24</b> <b><u>Yellow Day</u></b> Quiche with Bacon and/or Cheese Yellow Squash Bananas/Pineapple Corn Lemonade	<b>25</b> <b><u>Green Day</u></b> Caesar Salad Wraps Crispy Kale Edamame Beans Broccoli Kiwi	<b>26</b> <b><u>Purple/Blue Day</u></b> Blueberry Pancakes Eggplant Parm Grapes Raisins Blueberry Yogurt Plums
<b>29</b> <b><u>Pizza Day</u></b> Homemade pizza 1- with Cheese and Vegetables 2- with Cheese	<b>30</b> <b><u>TACO Bonus Tuesday</u></b> 1- with local beef 2- with refried beans Add homemade salsa and sour cream	<b>31</b> <b><u>Home Style Lunch</u></b> 1-Chicken and Biscuits 2-or Veggie and Biscuits Squash Cole Slaw Cranberry Sauce		

**Grab and Go Breakfast \$1.75 Student \$2.50 Adult**

Trail Mix Apple Juice/Milk	Bagels with Cream Cheese Yogurt Juice/Milk	Graham crackers and Peanut butter Yogurt Juice/Milk	Mixed Berry Smoothie Cheese Stick Juice/Milk	Cinnamon Rolls Yogurt Juice/Milk
----------------------------------	--	--	--	--

\*USDA is a Equal Opportunity Provider and Employer

When submitting payment for your students account, please send check or cash in whole dollar amounts to our school office. You can manage your student's account and make payments by visiting our school website home page and lick the services tab followed by the cateria tab. You may also leave a payment with Kathi in the office.

We offer Neill Farm Beef, Green Mountain Harvest Lettuce, Vasseur Eggs and Vasseur Brothers Syrup when available.  
 Please see page 2 for information about our monthly taste tests in the cafeteria.

# News from the BIGGEST classroom in the school:

## Squash Taste Test

*We celebrated Squash in December!*

*Squash has lots of Vitamin A but also contains lots of Vitamin C and potassium, which prevents muscle cramps. Great for the upcoming ski season! :)*

*Winter Squash are related to Cucumbers, watermelon and summer squash.*

*We taste tested Butternut Squash Mac and Cheese, as well as Acorn Squash smiles( Acorn Squash grown in our school gardens) on our taste test day.*

*In January we will taste testing Dairy products.*



## Rainbow Week

*WE are CELEBRATING all the colors of the RAINBOW January 22-26!! We encourage students to wear something that is the COLOR of the day!! Each day we will be enjoying fresh fruits and vegetables based on the color of the day!*

*Students always enjoy seeing their parents at lunch time!! Come join your student any day for lunch!! If you know your going to stop by please let our front office know before 9:00 am. It's a great way to connect with your student in a school setting! Students always smile when they see their parents!*

*Until next time - let's all think - lots of snow!*

*Chef Joslin and Chef Bray*

