





Waitsfield Elementary February School Menu

Student \$3.25 Reduced Child FREE Adult \$4.50

Each day the lunch menu includes yogurt, full salad bar and milk (skim & 1%)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Stuffed Shells 1- with Meat Sauce 2- with Marinara
4 Meatless Monday Grill Cheese And Tomato Soup	5 Sandwiches 1- Turkey, Ham, Salami Add American or Cheddar Cheese Pickle Chips	6 Smorgasbord A variety of hot and cold choices	7 Burgers 1-Hamburger 2-Cheeseburger 3-Veggie Burger On WG Bun Tater Tots	8 Spaghetti 1- with Meatballs and Marinara Sauce 2- with Marinara Sauce
11 Macaroni and Cheese Penne pasta with a creamy cheese sauce Roasted Beets	12 Taco Tuesday 1- with Local Beef 2- with Chicken 3- with Refried Beans Add sour cream, homemade salsa and cheddar cheese	13 Soup Bar 1- with Local Beef 2- Cream of Mushroom 3- Chili French Bread	14 Summer BBQ 1-BBQ Chicken 2-Veggie Burgers Baked Beans Caesar Salad	15 Fried Rice 1- with Pork and Veggies Or 2- with Veggies Fortune Cookie
18 Meatless Monday 1-Black Bean, Corn and Tomato Quesadilla 2-with Cheddar Cheese	19 Chef Salad Bar Turkey Ham Tuna Cheese And lots more	20 Taste Test Day Cabbage Southern BBQ 1- BBQ Pork 2- BBQ Tofu Cole Slaw	21 Pizza 1- Cheese and Pepperoni 2- Cheese 3- Pesto and Cheese	22 Stir fry 1- with Chicken and Vegetables 2- with Vegetables Over Basmati Rice
25 No School 	26 No School 	27 No school 	28 No school 	

Grab & Go Breakfast \$2.00 Child \$3.00 Adult Free Reduced child

Trail Mix yogurt Juice/Milk	Applesauce/String cheese Yogurt Juice/Milk	Blueberry Corn Muffin Yogurt Juice	Berry Parfait Juice/Milk	Pumpkin Bread 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!**
News from the biggest classroom in the school:

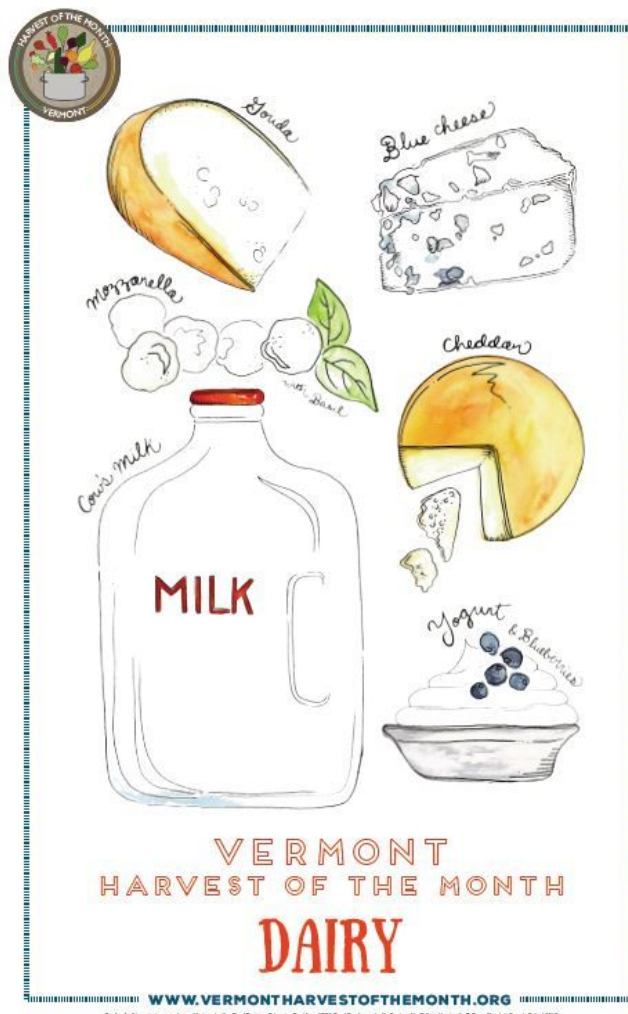
Thanks to all who helped by celebrating the colors of the rainbow last week. What a fun way to introduce food to children. Love is in the air, help spread it by supporting your school lunch program. The more students that participate allows us to be able to purchase more local and organic products. It is a great way to help support buying local.

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[A look back on January in our School Lunch Program](#)

We celebrated **DAIRY** this past month.
Students were able to taste test Sunshine Yogurt!
See page 3 for recipe as many have asked us for it.
In February we will be taste testing cabbage.



Rainbow week was celebrated in January! It was fun to see the students dress in the color of the day. Have a great February break!!

Sunshine Yogurt Dip

Ingredients:

1 quart whole milk plain or vanilla yogurt

1 cup frozen juice concentrate (raspberry, orange, pineapple, other), thawed

*1 gallon fresh, frozen, or canned (and drained fruit) ex: apples, cherries, strawberries, bananas, melon, peaches, kiwi, blueberries, pineapple, in bite-sized pieces**

1/2 cup shredded coconut for (optional, for garnish)

1 Tbsp. honey or maple syrup (leave out if using vanilla yogurt, which is already sweet)

Directions:

1. In a small bowl, mix yogurt and fruit juice concentrate (honey/maple syrup, if using) until thoroughly combined.

2. Garnish with sprinkles of shredded coconut and serve alongside fruit slices.

**If you are preparing the dip to serve later, wait to slice apples and/or bananas until just before serving, since they will brown when exposed to air. Alternatively, sprinkle with lemon juice to keep from browning.*