

Prices

Adult Breakfast \$2.50

Adult Lunch \$4.75



OCTOBER 2023

Mon



Tue

Wed



Thu

Fri



2

Maple Waffles
Chicken & Biscuits
Casserole

3

Breakfast Burrito
Beef Tacos Refried Beans
Mexican Corn

4

Yogurt Parfait
Macaroni & Cheese
Sauteed Peas

5

Breakfast Empanada
Shepards Pie

6

Breakfast Sandwich
Meat Lasagna or Veggie
lasagna

9

NO SCHOOL

10

NO SCHOOL

11

Yogurt Parfait
Baked Pasta with meat sauce or
Marinara

12

Breakfast Empanada
Cheeseburgers
Fries

13

Breakfast Sandwich
Pork Egg Rolls
Rice & Fortune Cookie

16

Maple Waffles
Meatball Grinders

17

Breakfast Burrito
Chicken Lo Mein

18

Yogurt Parfait
HALF DAY

19

Breakfast Empanada
Pulled Pork Sandwich
Roasted potato's

20

Breakfast Sandwich
Hot Dogs & Fries

23

Maple Waffles
BBQ Chicken Quarters
Baked Potato/ Green Beans

24

Breakfast Burrito
General Tso's Chicken
Broccoli , Rice

25

Yogurt Parfait
Steak & Cheese
Grinders w/ Roasted Potato's

26

Breakfast Empanadas
Sausage & Peppers Pasta

27

Breakfast Sandwich
Grilled Cheese & Tomato
Soup

29

Maple Waffles
Beef & Bean Burritos
Mexican Corn

30

Breakfast Burrito
Macaroni & Cheese
Sauteed Peas

31

Yogurt Parfait
Chicken Parmesan
Broccoli

Remember daily cold sand-
wich's and salads available
as well.

Pizza Available
Everyday

Vermont Legislature has granted all students free breakfast and lunch. In order to successfully operate this free program for all students we need families to fill out free/reduced applications. PLEASE! If we do not have enough applications Vermont may not be able to continue this FREE program for our students.