

Monday	Tuesday	Wednesday	Thursday	Friday
No School Labor Day 3	Deli Ham Sandwich 4 Homemade Soup Choice of fruit Salad Bar options	Cheese Pizza <u>or</u> 5 VT Pepperoni Choice of fruit Salad Bar Options	Local Beef 6 Sloppy Joes Choice of fruit Salad Bar Options	VT Farmstead 7 Mac & Cheese Choice of fruit Salad Bar Options
Grilled Cheese 10 Homemade Tomato Soup Choice of fruit Salad Bar Options	BBQ Chicken 11 Drumsticks Homemade Coleslaw Choice of fruit Salad Bar Options	Cheese Pizza 12 Choice of fruit Salad Bar Options	Vegetable Fried Rice 13 Choice of fruit Salad Bar Options	Alfredo Noodles 14 Whole Grain Dinner Roll Choice of fruit Salad Bar Options
Breakfast Sandwich 17 Egg, Cheese, Local Sausage patty, English Muffin Choice of fruit Salad Bar Options	Rice & Bean Bowls 18 Choice of Toppings Choice of fruit Salad Bar Options	Cheese Pizza 19 Choice of fruit Salad Bar Options	Marinated Chicken 20 Strips Whole Grain Salad Choice of fruit Salad Bar Options	VT Uncured Hot Dog 21 Potato Chips Choice of fruit Salad Bar Options
VT Sweet Italian 24 Sausage Grinder Choice of Peppers & Onions Choice of fruit Salad Bar Options	Vegetarian Chili 25 Homemade Cornbread Choice of fruit Salad Bar Options	Cheese Pizza <u>or</u> 26 Pesto Pizza Choice of fruit Salad Bar Options	Local Beef Burger <u>or</u> 27 Garden Burger Sweet Potato Fries Choice of fruit Salad Bar Options	Cheese Lasagna 28 Choice of fruit Salad Bar Options

The WCUD School Nutrition Program is dedicated to improving the health of each student by providing healthy food and offering nutrition education programs to grow young bodies and minds.



This institution is an equal opportunity provider.

Students may choose the main entrée or a peanut butter & jam sandwich as an alternative at WES, TPVS and RES. All students must take ½ cup fruit or vegetable to complete their meal. Our salad bar options vary and include spring mix, cucumbers, peppers, carrots and extra proteins that include Green Mountain Greek Vanilla Yogurt and Cabot Cottage Cheese. A choice of 1% or Skim milk is included with the meal or to purchase as an a la carte item.