

Monday
Tuesday
Wednesday
Thursday
Friday

**NO SCHOOL
LABOR DAY**

4

Cabot Macaroni and Cheese

Roasted Zucchini
 Honey Glazed Carrots
 Homemade Whole Wheat Roll
 Fresh Fruit and Veggie Bar
 Milk

5

**Homemade Welcome Back
Pizza**

Pepperoni, Cheese, or Veggie
 Tomato and Cucumber Salad
 Fresh Fruit and Veggie Bar
 Milk

Sloppy Joe

on A Whole Wheat Bun
 Steamed Broccoli
 Corn on the Cob
 Fresh Fruit and Veggie Bar
 Milk
September Birthday Treat

6

**Misty Knoll
Chicken Drumstick
Or Tofu Tenders**

With BBQ Sauce
 Whole Grain Corn Bread
 Corn on the Cob
 Baked Beans
 Fresh Fruit and Veggie Bar

7

**WELCOME BACK BBQ 1
Grilled Hamburgers, Hot Dogs, Veggie
Burgers**

Sliced Tomato, Cheese, Onion
 Potato Salad ** Pasta Salad
 Watermelon
 Milk

1

Chicken Terriyaki

Brown Rice
 Stir Fried Green Beans with Carrots
 Veggie Eggroll
 Fresh Fruit and Veggie Bar
 Milk

Baked Potato Bar

Ham, Broccoli, Cheese
 Chick Pea Salad
 Fluffy Whole Grain Biscuit
 Fresh Fruit and Veggie Bar
 Milk

8

Grilled Cheese Sandwich

Tomato Tortellini Soup
 Grilled Zucchini
 Carrot Sticks
 Fresh Fruit and Veggie Bar
 Milk

11

Taco Tuesday

Two Tacos – Beef or Bean
 Cheddar Cheese
 Mexican Brown Rice
 Seasoned Black Beans ** Corn
 Corn Bread ** Salsa & Sour Cream
 Fresh Fruit and Veggie Bar
 Milk

12

Pizza

Pepperoni, Cheese, or Veggie
 Tomato and Cucumber Salad
 Carrot Sticks
 Fresh Fruit and Veggie Bar
 Milk

13

**Spaghetti with
Meat Sauce or Marinara Sauce**

Steamed Broccoli
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

14

**Crispy Chicken Tenders
Or Tofu Tenders**

Roasted Green Beans
 Creamy Coleslaw
 Apple Oatmeal Muffin
 Fresh Fruit and Veggie Bar
 Milk

15

**Italian Dunkers
Cheesy Baked Breadsticks**

With Marinara Sauce
 Roasted Chick Peas
 Honey Roasted Carrots
 Fresh Fruit and Veggie Bar
 Milk

18

Local Beef and Bean Or Veggie Chili

Cheddar Cheese
 Corn Chips
 Corn on the Cob
 Fresh Fruit and Veggie Bar
 Milk

19

Chicken Alfredo Pasta

Or Alfredo Pasta with Veggies
 Roasted Green Beans
 Cucumber Salad
 Honey Oat Rolls
 Fresh Fruit and Veggie Bar
 Milk

20

BREAKFAST FOR LUNCH

Cheesy Scrambled Eggs
 French Toast Sticks
 Maple Syrup
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

21

Deli Day

**Turkey or Ham & Cheese
On Whole Wheat Bread**
 Lettuce, Tomato
 Cheddar Broccoli Soup
 Tossed Romaine Salad
 Fresh Fruit and Veggie Bar
 Milk

22

Whole Grain Ravioli

w/ Marinara Sauce
 Cottage Cheese
 Buttery Green Beans
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

25

Chicken and Biscuits

w/ Seasonal Veggies
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

26

**Meatball or Roasted Veggie
Subs**

on Whole Wheat Bun
 w/ Mozzarella and Marinara
 Roasted Zucchini
 Fresh Fruit and Veggie Bar
 Milk

27

Chicken Or Bean Fajita

On Whole Grain Tortilla
 Grilled Peppers and Onion
 Corn
 Sour Cream and Salsa
 Corn Bread Muffin
 Fresh Fruit and Veggie Bar
 Milk

28

**Hamburger, Cheeseburger
Or Veggie Burger**

Lettuce & Tomato
 On Whole Grain Bun
 Baked Beans
 Seasoned Potato Wedges
 Fresh Fruit and Veggie Bar
 Milk

29

PRICES

Breakfast – Free for All

Paid Lunch - \$2.50

Reduced Lunch – Free

Milk w/o a meal - \$.65

Adult Bkfst - \$2.50 Adult Lunch \$5.00

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.

A daily alternate meal of **Sunbutter and Jelly Sandwich** will be offered to students who do not care for the main entrée. All sides will come with the alternate meal.