



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
		WW Bagel w/ Cream Cheese Milk, Fresh Fruit and Juice <i>Shepherd's Pie</i> <i>Roasted Winter Squash /</i> <i>WW Biscuit</i>	Blueberry Muffin Milk, Fresh Fruit and Juice <i>BBQ Pulled Pork Sandwich</i> <i>Roasted Sweet Potato Wedges</i> <i>Cole Slaw</i>	WW Cinnamon Roll Milk, Fresh Fruit and Juice <i>Pizza, Cheese</i> <i>Pizza - Pepperoni</i> <i>Caesar Salad</i>
Assorted Cereal Milk, Fresh Fruit and Fruit Juice <i>Fish Sticks w/ Tartar Sauce</i> <i>Potato Wedges</i> <i>Steamed Carrots</i>	WW Pancakes w/ VT Maple Bacon Milk, Fresh Fruit and Fruit Juice <i>Nachos w/ Beef</i> <i>Spanish Rice Black Beans</i> <i>Roasted Corn, Cheese Sauce</i> <i>House Salsa and Sour Cream</i>	WW Bagel w/ Cream Cheese Milk, Fresh Fruit and Juice <i>Pizza - Pepperoni</i> <i>Pizza, Cheese</i> <i>Caesar Salad</i>	WW Glazed Donuts Milk, Fresh Fruit and Juice <u>Early Release Day:</u> <i>Bagged Lunches</i>	
Assorted Cereal Milk, Fresh Fruit and Juice <i>Chicken Patty Sandwich</i> <i>Roasted Sweet Potato Wedges</i> <i>Steamed Broccoli</i>	Baked Oatmeal w/ Maple VT Local Maple Sausage Milk, Fresh Fruit, and Juice <i>Soft Taco w/ Beef</i> <i>Pinto Beans, Roasted Corn</i> <i>House Salsa and Sour Cream</i>	Zucchini Bread Milk, Fresh Fruit and Juice <i>Macaroni and Cheese</i> <i>Maple Glazed Carrots</i> <i>Garlic Bread Stick</i>	Banana Muffin w/ Cheese Stick Milk, Fresh Fruit and Juice <i>Roast Turkey Dinner w/ Gravy</i> <i>Mashed Potatoes, Stuffing</i> <i>Green Beans, Winter Squash</i> <i>WW Dinner Roll, Cranberry Sauce</i>	WW Glazed Donuts Milk, Fresh Fruit and Juice <i>Pizza - Pepperoni</i> <i>Pizza, Cheese</i> <i>Caesar Salad</i>
Assorted Cereal Milk, Fresh Fruit and Fruit Juice <i>Chicken Fajita w/ Onions and Peppers</i> <i>Seasoned Pinto Beans, Brown Rice</i> <i>House Salsa and Sour Cream</i>	WW Cinnamon Roll Milk, Fresh Fruit and Fruit Juice <i>Pizza - Pepperoni</i> <i>Pizza, Cheese</i> <i>Caesar Salad</i>			
Assorted Cereal Milk, Fresh Fruit and Juice <i>Hot Dog w/ WW Bun</i> <i>Baked Beans</i> <i>Steamed Green Beans</i>	Croissant Breakfast Sandwich w/ Ham Milk, Fresh Fruit and Juice <i>Nacho's w/ Chicken</i> <i>Black Beans, Roasted Corn</i> <i>Brown Rice, House Salsa and Sour</i> <i>Cream</i>	WW Bagel w/ Cream Cheese Milk, Fresh Fruit and Juice <i>Sweet and Sour Chicken</i> <i>Steamed Brown Rice</i> <i>Sugar Snap Peas, Veggie Spring Roll</i>	Banana Bread w/ Cheese Stick Milk, Fresh Fruit and Juice <i>Philly Steak & Cheese Sandwich</i> <i>Potato Salad</i> <i>Roasted Acorn Squash</i>	

ALL MEALS SERVED WITH 1% WHITE MILK AND 100% FRUIT JUICE ENJOY THE FRESH FRUIT AND VEGGIE BAR EACH DAY!

MENU SUBJECT TO CHANGE * * THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER. *