


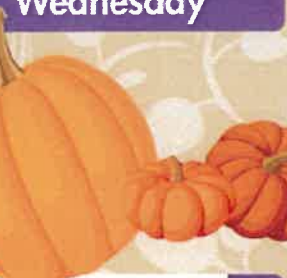
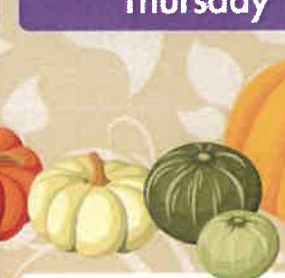





Menu items accompanied

By rotating veggie bar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Chicken Pie Steamed Veggies Biscuits Fruit Milk</p> <p>4</p>	 <p>Soft Shell Tacos Shredded lettuce Salsa, Cheese Fruit Milk</p> <p>5</p>	 <p>Beef Stew Dinner Roll Side Salad Fruit Milk</p> <p>6</p>	 <p>Cheese Pizza Green Salad Fruit Milk</p> <p>7</p>	 <p>Cheese Burgers Potato Wedges Veggie Sticks Fruit Milk</p> <p>1</p>
<p>No School</p> <p>11</p>	 <p>Hotdogs On a Bun Veggie Sticks Fries Fruit Milk</p> <p>12</p>	 <p>Mac & Cheese Steamed veggies Fruit Milk</p> <p>13</p>	 <p>Pepperoni Pizza Garden Salad Fruit Milk</p> <p>14</p>	<p>Chef Salad Turkey, Egg, Veggies Croutons Rolls Fruit Milk</p> <p>15</p>
<p>Corn Chowder Oyster Crackers Veggies Fruit Milk</p> <p>18</p>	<p>Hard Shell Tacos Shredded Lettuce Salsa, Cheese Fruit Milk</p> <p>19</p>	<p>Harvest Lunch Beef Brisket Roasted Vegetables Dinner Rolls Dessert Fruit Milk</p> <p>20</p>	<p>Cheese Pizza Caesar Salad Fruit Milk</p> <p>21</p>	<p>Orange Chicken Steamed Rice Fortune Cookies Fruit Milk</p> <p>22</p>
<p>No School</p> <p>25</p>	<p>No School</p> <p>26</p>	<p>No School</p> <p>27</p>	<p>No School</p> <p>28</p>	<p>No School</p> <p>29</p>

The Free and Reduced application is **strongly encouraged paperwork**, even if you feel you may not qualify. Please return it to school A.S.A.P. This program is not only helpful to families in need, but also helps support our school's food program. Any information provided will be kept strictly confidential. You will be notified promptly of your eligibility. Should you require assistance in completing the form, please call the district office at 802.229.0553 ext. 312 for help. Please be reminded that per state regulations Free & Reduced Meals, in order to be free, need to be complete meals, consisting of ALL components. If your child does not take a complete meal they will be charged accordingly. This Institute is an equal opportunity provider.