



Calais Elementary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



No School
Happy New Year!
01

No school
02

Nachos... WG Corn Chips, Beef, Black Beans, Cheddar, Avocado, Black Olives, Sour Cream, Salsa and Corn
05

Hamburger, Cheeseburger, VT Black Bean Burger, WG Bun, Potato Wedges and Coleslaw
06

WG Breaded Chicken Tenders or Morning Star Farms Chikin Tenders(plant based) Sweet Potato Fries and Chef Salad, Dipping Sauces
07

Grilled Cheese, Tomato Soup and Spinach Salad with Roasted Chickpeas
08

Spaghetti and Meatballs or Bean Balls
Green Beans and Garlic Toast
09

Brunch... Scrambled Eggs, Sausage Patty, Pancakes with VT Maple Syrup, Hash Brown Potatoes and Carrots
12

Chicken or Cheese WG Quesadilla
Corn Chowder, Sour Cream Black Beans and Salsa
13

Fish or Tofu Sticks
Buttery Noodles
Peas
14

Chicken Patty or Morningstar Farms Chikin on a WG Bun
Zucchini Noodles
15

Cheese, Pepperoni or BBQ Chicken Pizza
Caesar Salad
16

No School
19

No School
20

Chicken or Vegetarian Chikin and Biscuits
Mashed Potatoes
Peas and Carrots
21

BBQ Pulled Pork or BBQ VT Black Bean Burger
Sweet Potato Fries
Baked Beans
22

Chicken Nuggets
French Fries
Carrot Sticks
Dipping Sauces
23

Pasta Bar... WG Penne Pasta with choice of Meat Sauce, Marinara, Cheese or Pesto, Roasted Broccoli
WG Garlic Toast
26

Nachos... WG Corn Chips, Beef, Black Beans, Cheddar, Avocado, Black Olives, Sour Cream, Salsa and Corn
27

Popcorn Chicken Bowl
Mashed Potatoes
Corn and Dinner Roll
28

Hamburger, Cheeseburger, VT Black Bean Burger, WG Bun, Potato Wedges and Coleslaw
29

Cheese, Pepperoni or Ham and Pineapple Pizza
Caesar Salad
Carrots
30



Daily Options include a Peanut Butter and Jelly Sandwiches, Milk and Fruit.
This is an equal opportunity establishment.

JANUARY 2026