



Calais Elementary School



MONDAY



Chicken or Tofu Stir Fry Rice
Peas and Carrots
Fortune Cookie

05

TUESDAY



Ground Turkey or Bean
Burrito, Corn, Salsa,
Avocado and Sour Cream

06

WEDNESDAY



Loaded Tater Tots.... Bacon,
Ham, Beans, Cheddar
Cheese, Red Pepper, Olives,
Sour Cream, Roasted
Broccoli and Garlic Toast

07

THURSDAY

Crispy Chicken Tenders
Sweet Potato Puffs
Carrots and Dipping Sauces

01

FRIDAY

Cheese, Pepperoni or BBQ
Chicken Pizza
Garden Salad

02

NO SCHOOL

12

Chicken or Cheese
Quesadilla, Sour Cream,
Salsa
Corn Chowder

13

Hamburger, Cheeseburger,
VT Bean Burger on a Bun,
Pickles, Potato Wedges
Cole Slaw

14

Popcorn Chicken, Gravy,
Mashed Potatoes
Corn

15

Cheese, Pepperoni or Ham &
Pineapple Pizza
Caesar Salad

16

Chicken, Gravy and Biscuit
Peas and Carrots

19

Ground Turkey or Bean
Nachos, Cheddar Cheese,
Olives, Red Pepper,
Avocado, Salsa, Sour Cream

20

Crispy Chicken on a Bun
Zucchini Noodles

21

Grilled Cheese
Tomato Soup
Bean Salad

22

Cheese or Pepperoni Pizza
Sticks
Kale Chips

23

Brunch.... Scrambled Eggs,
Sausage Patty (Vegetarian
Option), Pancakes and Hash
Brown Potatoes

26

Chicken Parmesan
Penne Pasta
Garden Salad

27

Hamburger, Cheeseburger,
VT Bean Burger on a Bun,
Pickles, Potato Wedges
Cole Slaw

28

Hot Dog or Veggie Dog
French Fries
Baked Beans

29

Spaghetti and Meatballs
Garlic Toast
Caesar Salad

30



All meals include a variety of fresh fruit and milk choices. Daily sandwich option is Peanut Butter and Jelly.
This institution is an equal opportunity establishment. Menu is subject to change..

OCTOBER 2026