

# October 2017 LUNCH MENU

Sharon Elementary School  
Food service  
LinAnn Perry  
763-7425 ext 16



Meal prices  
Child Lunch \$2.75  
Adult lunch \$3.50  
Salad bowl-\$1.00  
Salad plate adult -\$3.50

## WE SOURCE LOCAL!

Dairy Offerings on the salad Bar:

**Stoneyfield Yogurt**  
**Cabot Cottage Cheese & Sour Cream**  
**Green Mtn. Creamery**  
Daily Milk  
**Sprague's Dairy**

## Local Beef

**Green Mtn. Meat (Beef)**

**Layedback Farm (Pork)**

## Produce

**Cedar Circle**

**Ainsworth Farm**

**Lincoln Farm**

**Garden**

**Sam Mazza Farm**

**Sunrise Orchards**

**Champlain Orchards**

**VT Cannery**

**Sharon Sprouts Kitchen**

H.m- homemade  
w.w- whole wheat  
W.g-whole grain

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Spaghetti w/meat sauce or veg sauce salad bar featured fruit pear	Grilled cheese and tomato soup salad bar featured fruit peaches	Harvest lunch chicken pot pie with mash potatoes using vegetables from our garden and local source farms wg roll local hm apple crisp made by 1/2	H.m mac and cheese salad bar featured fruit vt macintosh	VT Cheese Pizza salad bar featured fruit orange smiles
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<b>NO SCHOOL</b> Columbus Day	<b>NO SCHOOL</b> Conferences	H.m cheese lasagna salad bar featured fruit golden apple	chicken patty on w.w bun salad bar featured fruit banana	meat ball sub salad bar featured fruit peaches
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Chicken patty on w.w bun salad bar featured fruit banana	Tuna salad on w.w roll tomato soup salad bar featured fruit golden apple	Chicken tenders Home fries salad bar featured fruit pineapple	H.m mac and cheese salad bar featured fruit pears	<b>1/2 day dismiss 12:15</b> Hamburger or cheese burger w.w bun salad bar featured fruit orange smiles
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
w.w Spaghetti w/ meat sauce or h.m vegetable sauce salad bar featured fruit pears	Chicken tenders and french fries salad bar featured fruit orange smiles	Grilled cheese and tomato soup salad bar featured fruit peaches	Hm mac and cheese salad bar featured fruit banana	<b>NO SCHOOL</b>
Monday 29	Tuesday 30			<b>This institution is an equal opportunity provider</b>
w.w Spaghetti w/ meat sauce or h.m vegetable sauce salad bar featured fruit pears	Turkey and cheese grinder h.m vegetable soup salad bar featured fruit orange smiles			