

Monday

We Source Local! Spragues Dairy, Sharon School Garden, Champlain Orchards,

Tuesday

Wednesday

Thursday

Friday

1

Whole Wheat Grilled Cheese
 Tomato Soup
 Local Crackers
 *Apple

2

Chicken Fajita
 Whole Wheat Wrap
 Spanish Rice
 Salad Bar
 *Peaches

3

Pastabilities Cheese Pizza
 Salad Bar
 *Banana

6

Homemade Mac & Cheese
 Salad Bar
 *Banana

7

Ham Cheese Grinder on
 Whole Wheat Roll
 Chips
 Salad Bar
 *Mandarin Oranges

8

Homemade Cheese Lasagna
 Salad Bar
 *Golden Apple

9

Chicken Tenders
 Home Fries
 Salad Bar
 *Banana

10

Pastabilities Cheese Pizza
 Salad Bar
 *Peaches

13

Homemade Mac & Cheese
 Salad Bar
 *Pears

14

Whole wheat Spaghetti
 Vegetable or local meat
 sauce
 Salad Bar
 *Golden Apple

15

Chicken Tenders
 Home Fries
 Salad Bar
 *Banana

16

Hot Dog Wholegrain Roll
 Tuna Macaroni Salad
 Salad Bar
 *Pears

17

Hamburger or Cheese Burger
 whole wheat bun
 Salad Bar
 *Orange Smiles

20

Homemade Mac & Cheese
 Salad Bar
 *Orange Smiles

21

Grilled Cheese
 Whole wheat wrap
 Homemade Chicken Noodle
 Soup
 Salad Bar
 *Apple

22

Chicken Nuggets
 French Fries
 Salad Bar
 *Pineapple

23

Chicken Patty on
 Whole Wheat Bun
 Salad Bar
 *Banana

24

Whole wheat Spaghetti
 Vegetable or local meat
 sauce
 Salad Bar
 *Pears

27

No School

28

Turkey & Cheese Grinder
 Tomato Soup
 Local Crackers
 Salad Bar
 *Melon

29

Farmer Joe's Sloppy Joe
 On Whole wheat Bun
 Salad Bar
 *Vermont Applesauce

30

Hot Dog Wholegrain Roll
 Tuna Macaroni Salad
 Salad Bar
 *Orange Smiles

31

Breakfast for Lunch
 Wholegrain Pancakes
 *Pineapple