

VT HARVEST OF THE MONTH - OCTOBER

APPLES



October

Robinson Elementary School

Doreen Bortz, Manager **Amy Johnson**

MONDAY

TUESDAY

WEDNESDAY

Beef or Bean TACO on WG Tortilla **Shredded Lettuce** Corn Salsa Seasoned Black Beans **Fruit Selection**

THURSDAY

NO SCHOOL

3

NO SCHOOL

FRIDAY

Burger Day Hamburger. Cheeseburger or Veggie Burger **Baked Beans Oven Fries**

VT Cabot Mac N Cheese **WG Dinner Roll Honey Glazed Carrots** Roasted Broccoli **Fruit Selection**

PIZZA DAY Cheese, Pepperoni or Chef's Choice **Buttery Peas** Caesar Salad / Romaine **Fruit Selection**

Chicken Pot Pie or White Bean Stew **WG Biscuit Butternut Squash Fruit Selection**

10 **Baked Potato** w/ Toppings Ham/Cheese/Broccoli Homemade Muffin **Fruit Selection**

13 Orange Chicken or Tofu **Brown Rice** Cabbage & Carrot Stir Fry **Edamame Beans Fruit Selection**

Fruit Selection

14 BREAKFAST FOR LUNCH Egg Bites w/ Sausage Egg Bites w/ Cheese **French Toast Sticks** Steamed Broccoli **Roasted Red Peppers Fruit Selection**

Terrivaki Glazed

15 Turkey Bacon Cheddar or Hummus & Veggie Wrap on WG Tortilla **Sweet Potato Fries Tossed Salad**

22

Fruit Selection

WG Beef or Bean **Burrito with Cheese Brown Rice** Corn Salsa & Sour Cream **Fruit Selection**

Lasagna Roll Ups

Marinara Or Meat

Sauce

WG Dinner Roll

Steamed Broccoli

Fruit Selection

16

23

17 WG Rotini with Meat Sauce or Marinara **Garlic Bread Cottage Cheese Buttery Peas Fruit Selection**

24

NO SCHOOL

Crispy Chicken Tenders

20

27

Meatballs or Tofu or Impossible Nuggets WG Waffles Fried Rice Mape Syrup WG Flatbread Triangles **Sweet Potato Fries Edamame Beans Tossed Salad Cucumber Salad Fruit Selection** Fruit Selection

28

21

Cheesy Breadsticks w/ **NACHOS** Parmesan **Beef Or Bean Topping Green Beans Cheese Sauce Marinara Sauce WG Tortilla Chips Fruit Selection** Rice Corn Salsa Sour Cream **Fruit Selection**

Caesar Salad / Romaine

29 Misty Knoll BBO Chicken Legs or **BBO Tofu** Cornbread **Baked Beans** Peas **Fruit Selection**

This institution is an equal opportunity provider.

PIZZA DAY

Cheese, Pepperoni or

Chef's Choice

Buttery Green Beans

Fruit Selection

30

Warm Ham & cheese or Cheese Sandwich on WG Croissant Corn Chowder Tossed Salad **Fruit Selection**

31 Chicken or Veggie **Dumplings** with Terivaki Glaze **Fried Rice Honey Glazed Carrots Green Beans Fruit Selection**

We source local ground beef, chicken, maple syrup, eggs, produce, apples, dairy and more!

> Students must choose a 1/2 cup of fruit or veggie for a complete meal.

Milk Comes with every meal

for additional fruits & veggies, our Fresh Fruit & Veggie Bar is open daily!

Alternate Meal

WG Bagel w/ Cream Cheese, Cheese Stick & 4 oz Yogurt w/ daily side dishes

Breakfast Menu

MONDAY - Mini Pancakes, Fruit, Milk TUESDAY - WG Baked Good, Fruit, Milk WEDNESDAY - WG Muffin, 4 oz Yogurt, Fruit, Milk THURSDAY - WG Cereal, String Cheese, Fruit, Milk FRIDAY - Breakfast Sandwich, Juice, Milk WG Cereal, Apples, & Fruit available every day.

Menu subject to change.