

### **VT HARVEST OF THE MONTH - SEPTEMBER**

# **Peppers**



# September

## **Robinson Elementary**

Doreen Bortz, Manager Amy Johnson

#### MONDAY

#### l NO SCHOOL

# Orange Chicken Or Tofu Brown Rice Roasted Broccoli Edamame Beans Fruit Selection

TUESDAY

# 3 Cheesy Scrambled Eggs WG French Toast Sticks Baby Carrots w/ Hummus Roasted Red Potato Fruit Selection

# 4 Beef or Bean Burrito w/ Cheese on WG Tortilla Brown Rice Corn Salsa & Sour Cream Fruit Selection

5 WG Rotini w/ Meat Sauce or Marinara Garlic Bread Buttered Sweet Peas Fruit Selection

8 Lasagna Roll Up w/ Marinara Sauce WG Dinner Roll Roasted Green Beans Fruit Selection

9 Teriyaki Glazed Meatballs or Tofu Fried Rice WG Flatbread Edamame Cucumber Fruit Selection 10
PIZZA
Cheese, Pepperoni or
Veggie
Buttered Sweet Peas
Caesar Salad
Fruit Selection

11
Crispy Chicken Tenders
or Tofu Tenders
WG Waffles
VT Maple Syrup
Sweet Potato Fries
Fruit Selection

12
Turkey & Cheddar Or
Hummus & Cheddar
on WG Bread
Broccoli Cheese Soup
Fruit Selection

15 Cheesy Breadsticks Marinara Sauce Green Beans Fruit Selection

16
NACHOS
Beef or Bean Topping
Cheese Sauce
WG Tortilla Chips
Rice Corn
Salsa Sour Cream
Fruit Selection

17 Early Release Day
Turkey Bacon Cheddar
or Hummus & Cheese
Wrap on WG Tortilla
Baby Carrots w/ Dip
Whole Apple
Cookie

Chicken or Veggie
Dumplings w/ Teriyaki
Glaze
Brown Rice
Maple Roasted Carrots
Fruit Selection

19
Warm Ham & Cheese or
Roasted Veggie &
Cheese
On WG Croissant
Homemade Corn
Chowder
Fruit Selection

22

QUESADILLAS Cheese Quesadillas on WG Tortilla Brown Rice Salsa Corn Fruit Selection 23
Shepherd's Pie or
Lentil Pie w/ Mashed
Potato
WG Roll
Green Beans
Fruit Selection

24
ROBINSON LAKE DAY
WG Soft Pretzel w/
Peanut Butter or
Honey Mustard
Baby Carrots w/ Dip
String Cheese Goldfish
Whole Apple

25 Cheesy Alfredo w/ WG Penne Pasta With Chicken or Plain Garlic Knot Roasted Broccoli Fruit Selection 26
FISH & CHIPS
WG Fish Sticks or Black
Bean Burger
Oven Fries
Carrot Souffle
WG Biscuit
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.

29
Grilled Cheese or Ham
& Cheese on WG Bread
Tomato Soup
Red Potato Wedges
Fruit Selection

30 Chicken or Tofu Curry Brown Rice WG Flatbread Triangles Broccoli Fruit Selection lw/ w/ With Cl or G Dip Roas

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This institution is an equal opportunity provider.