

January 2017 - K8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO CLASSES	3 PIZZA DAY! Caesar Salad with Croutons	4 Roast Chicken Mashed Potatoes Dinner Roll	5 Spaghetti & Meatballs Chef's Choice Broccoli	6 Baked Corn Dogs Sweet Potato Fries
9 Roasted Chicken Baked Potato Bar Dinner Roll	10 PIZZA DAY! Caesar Salad with Croutons	11 Make-Your-Own Chicken or Bean Fajitas with Seasoned Rice, Peppers, Onions, Salsa & More!	12 Beefy Baked Ziti Roasted Cauliflower	13 Hamburgers or Cheeseburgers Potato Wedges
16 Martin Luther King, Jr. Birthday NO CLASSES	17 PIZZA DAY! Caesar Salad with Croutons	18 Roast Chicken Mashed Potatoes Dinner Roll	19 Shepherd's Pie Dinner Roll	20 Cheesy Breadsticks with Marinara Sauce Cauliflower
<i>District K8 Strategic Planning Days</i>				
23 Roasted Chicken Baked Potato Bar Dinner Roll	24 PIZZA DAY! Caesar Salad with Croutons	25 Make-Your-Own Beef or Bean Tacos with Lettuce, Peppers, Onions, Salsa & More!	26 Macaroni & Cheese Chef's Choice Broccoli	27 Meatball Subs Roasted Carrots
30 Chicken Patty Sweet Potato Fries	31 PIZZA DAY! Caesar Salad with Croutons	Every Lunch meal offers at least one fruit, vegetable, protein/meat, whole grain and milk component. Students must select at least three (3) components, <u>including a fruit or vegetable</u> , for a balanced and complete lunch.		

Alternative Entrées:

- Vegan/Vegetarian Entrée
- Cold Sandwiches:
 - PB&J
 - Turkey
 - Cheese
 - Egg/Chicken/Tuna Salad
- Daily Hot Wrap or Panini
(Middle Schools)

Available with Every Lunch Meal:

- Full Salad Bar
- Soup of the Day
- Rice or Pasta Salad
- Variety of Fruit choices
- 1% and Nonfat Milk

Milk-only purchases are \$0.50.



Menu items are subject to change without notice.
 For more information, contact us at [802-864-8415](tel:802-864-8415) or schoolfood@bsdvt.org or
 visit our website at burlingtonschoolfoodproject.org

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