



February 2017 - K8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entrées: <ul style="list-style-type: none"> • Vegan/Vegetarian Entrée • Cold Sandwiches: <ul style="list-style-type: none"> - PB&J - Turkey - Cheese - Egg/Chicken/Tuna Salad • Daily Hot Wrap or Panini (Middle Schools) Available with Every Lunch Meal: <ul style="list-style-type: none"> • 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
		1 Roasted Chicken Mashed Potatoes Dinner Roll	2 Spaghetti & Meatballs Chef's Choice Broccoli Dinner Roll	3 Baked Corn Dogs Sweet Potato Fries	
6 Roasted Chicken Baked Potato Bar Dinner Roll	7 PIZZA DAY! Caesar Salad with Croutons	8 Make-Your-Own Chicken or Bean Fajitas with Seasoned Rice, Peppers, Onions, Salsa & More!	9 Beefy Baked Ziti Roasted Cauliflower Dinner Roll	10 Hamburgers or Cheeseburgers Potato Wedges	
13 Chicken Nuggets Sweet Potato Fries	14 PIZZA DAY! Caesar Salad with Croutons	15 Roasted Chicken Mashed Potatoes Dinner Roll	16 Shepherd's Pie Dinner Roll	17 Cheesy Breadsticks with Marinara Sauce Cauliflower	
20 Roasted Chicken Baked Potato Bar Dinner Roll	21 PIZZA DAY! Caesar Salad with Croutons	22 Make-Your-Own Beef or Bean Tacos with Lettuce, Peppers, Onions, Salsa & More!	23 Macaroni & Cheese Chef's Choice Broccoli Dinner Roll	24 Meatball Subs Roasted Carrots	
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.					



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

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