

2024 OCTOBER

Burlington High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Grab and Go Salads
&
Cold Sandwiches
Offered Daily**

1 Chopped Jerk Chicken
Veggie Burger
Baked Sweet Potato
Biscuit
Cheese Quesadilla Meal

2 VT Beef or Bean Tacos
Spicy Chipotle Slaw
Spicy Chicken Sandwich Meal

3 Turkey Meatballs Marinara w/
Penne
Garlic Bread
Roasted Broccoli
Chicken Tender Meal

4 Cheese Pizza
Caesar Salad
Cheese Burger Meal

7 Cheese Pizza
Caesar Salad
Buffalo Chicken Meal

8 Turkish Chicken w/ Flatbread
Tzatziki
Tomato Salad
Hummus
Bean & Cheese Burrito Meal

9 Breakfast Sandwiches
Chicken Sausage, Egg & Cheese
Hashbrown
Corn Dog Meal

10 No School

11 No School

14 Cheese Pizza
Caesar Salad
Fish & Chips Meal

15 VT Mac & Cheese
Roasted Vegetables
Garlic Bread
Corn Dog Meal

16 Chicken & Waffles
Maple Syrup
Roasted Sweet Potato
Bean & Cheese Burrito Meal

17 VT Beef Nachos
Black Beans
Cheese Sauce
Roasted Corn
Spicy Chicken Sandwich

18 Cheese Pizza
Caesar Salad
Chicken Tender Meal

21 Cheese Pizza
Caesar Salad
Turkey Bacon Mac & Cheese

22 Crispy Chicken Sandwich
Vegetarian Patty
Roasted Broccoli
Black Bean & Cheese Burrito

23 Chicken Corn Dog
Veggie Burger
Roasted Cauliflower
Fish & Chips Meal

24 General Tso's Chicken
Meatless Nuggets
Rice
Roasted Vegetables
Cheese Quesadilla Meal

25 Cheese Pizza
Caesar Salad
Chicken Bowl

28 Cheese Pizza
Caesar Salad
Cheese Burger Meal

29 Chopped Jerk Chicken
Veggie Burger
Mashed Potatoes
Biscuit
Cheese Quesadilla Meal

30 VT Beef or Bean Tacos
Spicy Chipotle Slaw
Spicy Chicken Sandwich Meal

31 Turkey Meatballs Marinara w/
Penne
Garlic Bread
Roasted Broccoli
Chicken Tender Meal

Main Hot Bar
Hot Grab and