



Lunch

Daily salad bar and fresh fruit. The salad bar typically includes green leaf lettuce, grape tomatoes, red peppers, broccoli, cucumber, baby carrots, hard-boiled egg, grilled chicken, croutons, yogurt, and a variety of salad dressings. Beverages include: 2% milk, cranberry juice and water



Monday 9/21

Beef goulash with dinner rolls
(ground beef in a sweet and
savory tomato sauce with
vegetables) (DF)

Tuesday 9/22

Grilled cheese & tomato soup
with goldfish (V)

Wednesday 9/23

Fried chicken sandwiches with
lettuce, tomato, onion &
pickles. (DF)

Thursday 9/24

Creamy chicken & rice with
buttermilk biscuits (chicken,
vegetables, & potatoes in a
thick & creamy stew)

Friday 9/25

Pancakes, hash browns &
breakfast sausage with real VT
maple syrup, fresh strawberries
& chocolate milk.



V-Vegetarian

GF-Gluten

DF-Dairy Free

