WHITE RIVER VALLEY SUPERVISORY UNION

BETHEL CHELSEA NEWTON SHARON

SCHOOL LUNCH MENU SEPTEMBER 2023

ROCHESTER ROYALTON STOCKBRIDGE TUNBRIDGE

UNIVERSAL MEALS Allows us to Provide FREE Meals to all Students! We Continue to Collect Free and Reduced Meal Applications Because it Helps Us Continue to Provide Meals at NO COST to Famlies. Please Submit Your Application TODAY!



DAILY OPTIONS:

MAIN MEAL OR COLD LUNCH CHOICE AVAILABLE DAILY

FULLY STOCKED SALAD BAR

SOUP OPTION

FRUIT & VEGETABLE CHOICES

MILK OPTIONS

MEAL CHARGES

ALL Students recieve 1 Free Breakfast and 1 Free Lunch Meal Per Day

ADULT PRICES:

Breakfast-$3.00

Lunch- $5.00

A la Carte-$3.00

Milk only-$.50

We Purchase LOCAL as much as possible to support our farmers. Locally sourced products include, Eggs, Yogurt, Cheese, Sausage, Maple products, Potatoes. Coming Soon-Local BEEF & HOT DOGS

		WEDNESDAY	THURSDAY	FRIDAY
		30 CRISPY CHICKEN TENDERS Seasoned Rice Sweet Potato Fries Tomato Cucumber Salad	31 BRUNCH FOR LUNCH Homemade French Toast VT Sausage & Syrup HashBrown	1 PIZZA DAY Cheese or Pepperoni Broccoli Trees Spinach Strawberry Salad
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 HOMEMADE MAC & CHEESE BBQ Chicken Drumstick Steamed Peas Dinner Roll-Butter Pat	6 CRISPY CHICKEN PATTY w/wo Cheese on Bun Seasoned Corn Sun Chips	7 BAKED HAM Mashed Potato Candied Carrots Dinner Roll-Butter Pat	8 GRILLED CHICKEN FLATBREAD PIZZA Mozzarella Cheese Roasted Parm Zucchini
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 RAVIOLI WITH SAUCE Caesar Salad Garlic Toast Shredded Cheddar	12 GRILLED QUESADILLA Chicken or Cheese Loaded Nachos Cowboy Caviar	13 POPCORN CHICKEN Rsted Red Potato Buttered Peas Dinner Roll/Butter Pat	14 BURGERS Plain, Cheese or Veggie Carrot Sticks Loaded Tater Tots	15 EARLY RELEASE Bag Lunches Turkey/Chz or Ham/Chz Fruit, Goldfish, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 BAKED POTATO BAR With Toppings Cheesy Breadstick Marinara	19 TACO DAY Hard OR Soft Shell Creamed Corn Cheese, Salsa, Sour Cream	20 CHICKEN & WAFFLES Mashed Parsnips Cornbread VT Maple Syrup	21 BAKED ZITI Topped with Mozzarella Garlic Toast Balsamic Spinach Salad	22 PIZZA DAY Cheese or Pepperoni Baby Carrots Ranch
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 CHICKEN NUGGETS Seasoned Rice Steamed Broccoli Dipping Sauces	26 GRILLED HAM AND CHEESE French Fries Sliced Watermelon	27 SPAGHETTI Meat Sauce or Plain Sauce Breadstick Caesar Salad	28 CRISPY RANCH CHICKEN Green Beans Rsted Sweet Potato Dinner Roll/Butter Pat	29 EARLY RELEASE Bag Lunches Turkey/Chz or Ham/Chz Fruit, Goldfish, Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER .