

WNESU

January 2023

LUNCH MENU



Monday

Tuesday

Wednesday

Thursday

Friday

2

No School

3

Chicken Tenders
Whole Grain Breading
Tater Tots

4

Homemade Pizza
Organic Tomato Sauce
Whole Wheat Crust
Seasonal Salad

5

Loaded Nachos
VT Queso Cheese
Sweet Corn & Beans

6

Slow-Cooked Beef Stew
VT Grassfed Beef
Whole Grain Roll

9

Chicken Patty Sandwich
Sweet Potato Tots

10

Breakfast for Lunch
VT Eggs & Maple Syrup
VT Potato Homefries

11

Homemade Pizza
Organic Tomato Sauce
Whole Wheat Crust
Seasonal Salad

12

Mac & Cheese
Whole Grain Pasta
Sweet Peas

13

VT Beef Chili
Homemade
VT Corn Bread

16

Martin Luther King Day

17

No School

18

Homemade Pizza
Organic Tomato Sauce
Whole Wheat Crust
Seasonal Salad

19

Baked Potato
VT Cheese & Toppings
Steamed Broccoli

20

VT Corn Chowder w/ Chicken
Harlow's Organic Corn & Walpole Valley Ground Chicken

23

Chicken Tenders
Whole Grain Breading
Tater Tots

24

VT Beef Tacos
w/ Homemade Pico
Sweet Corn & Beans

25

Homemade Pizza
Organic Tomato Sauce
Whole Wheat Crust
Seasonal Salad

26

Grilled Cheese Sandwich
Homemade
Tomato Soup

27

Chicken Alfredo
Whole Grain Pasta
Steamed Broccoli

30

Mulligatawny Stew
(Chicken Soup w/ Rice)

No School BFUHS

31

Breakfast for Lunch
VT Eggs & Maple Syrup
VT Potato Homefries

1

Homemade Pizza
Organic Tomato Sauce
Whole Wheat Crust
Seasonal Salad

2

Loaded Nachos
VT Queso Cheese
Sweet Corn & Beans

3

Spaghetti & VT Beef Marinara
Whole Grain Pasta
Italian Green Beans

Fruit & milk is included with every meal. This institution is an equal opportunity provider.