

WNESU

September 2023

LUNCH MENU



Monday

Tuesday

Wednesday

Thursday

Friday

FREE
Universal
MEALS

School meals are now FREE for ALL students!!!

Pizza³⁰
Organic VT Whole Grain Crust & Sauce
Seasonal Salad

Orange Chicken³¹
Steamed Broccoli
Brown Rice

Mac & Cheese¹
Whole Grain Pasta
Sweet Peas

Labor Day⁴

Taco Tuesday⁵
Homemade Pico
Sweet Corn & Beans

Pizza⁶
Organic VT Whole Grain Crust & Sauce
Seasonal Salad

Breakfast for Lunch⁷
VT Eggs & Maple Syrup
VT Potato Homefries

Chicken Alfredo⁸
Whole Grain Pasta
Steamed Broccoli

Chicken Patty Sandwich¹¹
VT Potatoes
Pickles

Nachos Supreme¹²
VT Queso Cheese
Sweet Corn

VT Uncured Hot Dog¹³
Queso Corn Salad

Early Release

Pizza¹⁴
Organic VT Whole Grain Crust & Sauce
Seasonal Salad

Spaghetti & VT Beef Marinara¹⁵
Whole Grain Pasta
Italian Green Beans

Chicken Tenders¹⁸
Whole Grain Breading
Tater Tots

Chicken & Cheese Quesadilla¹⁹
Organic Corn Tortilla
Street Corn Slaw

Pizza²⁰
Organic VT Whole Grain Crust & Sauce
Seasonal Salad

Orange Chicken²¹
Steamed Broccoli
Brown Rice

VT Cheeseburger²²
Onion Rings & Slaw

VT Ham & Cheese Croissant Sandwich²⁵
VT Potatoes
Pickles

Baked Potato²⁶
VT Cheese & Toppings
Steamed Broccoli

Pizza²⁷
Organic VT Whole Grain Crust & Sauce
Seasonal Salad

BBQ Chicken²⁸
Coleslaw
VT Corn Bread

VT Shepherd's Pie²⁹
VT Grassfed Beef
Potatoes & Corn
VT Apple Crisp

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