

All lunches come with fruit, juice, milk, and all you think you can eat veggie bar.

For nutritional information please visit our website  
<http://www.ewsd.org/lunch>

# JANUARY 2019

ADL, EES, EMS, Fleming, FMS, Hiawatha, Westford, and Summit Street Schools

Lunch Price: Student \$3.25 Adult \$4.00  
 Snack: Student \$0.85 Adult \$1.25  
 Beverages: Milk \$0.75 Juice \$0.75

This institution is an equal opportunity provider

## Monday

### AVAILABLE DAILY

Vermont Fat Free  
 Chocolate or White Milk,  
 100% Fruit Juices (Apple,  
 Fruit Punch, Orange),  
 Water,  
 Fresh Seasonal Fruit,  
 Raisins, Dried Mixed

## Tuesday

### Vacation

No School Today

## Wednesday

### Pizza Day

Choice of Cheese or Pepperoni  
 With Glazed Carrots  
 (Extra Slice Available for \$1.75)

## Thursday

### Crispy Chicken Tenders

Original or Buffalo Style  
 With Mashed Potatoes

## Friday

### Lasagna Rollup

Made with a Blend of Ricotta,  
 Mozzarella and Romano Cheese  
 Topped with Marinara  
 With Green Peas

### Pizza Day

Choice of Cheese or Pepperoni  
 With Steamed Broccoli  
 (Extra Slice Available for \$1.75)

### South of the Border Nacho Day

Ground Beef, Nacho Cheese Sauce,  
 Seasoned Black Beans, Guacamole,  
 Sour Cream, and Salsa

### Breakfast for Lunch

Whole Grain Pancakes with Westford  
 Tucker Maple Sugarhouse Syrup,  
 Choice of Ham or Sausage and  
 With Crispy Hash Brown

### Rotini Alfredo

Chicken, Broccoli Spears, and  
 Alfredo Sauce  
 Over Whole Grain Rotini  
 With Tossed Caesar Salad

### Chicken Bites

Served Crisp and Tender  
 With Oven Fries and  
 Farm Fresh Lemon-Herb  
 Roasted Beets

### Pizza Day

Choice of Cheese or Pepperoni  
 With Glazed Carrots  
 (Extra Slice Available for \$1.75)

### Chicken & Waffles

Crispy Chicken and  
 Whole Grain Waffles  
 Westford Tucker Maple  
 Sugarhouse Syrup  
 With Mashed Potatoes

### Quesadillas or Burritos

Chicken and Cheese or  
 Cheese Filled Tortilla Served  
 Warm and Crispy  
 With Spanish Rice

### Mac & Cheese

Made with a Blend of American  
 and Cheddar Cheese and  
 Vermont Milk  
 With Broccoli Spears

### Burger Day

Hamburger, Cheeseburger, or  
 Vermont Bean Crafters  
 Black Bean Burger  
 On a Whole Grain Roll  
 With Oven Fries

### Vacation

No School Today

### Pizza Day

Choice of Cheese or Pepperoni  
 With Sweet Corn  
 (Extra Slice Available for \$1.75)

### Sloppy Joe

Whole Grain Sandwich Roll Topped  
 with Ground Beef Simmered with  
 Peppers, Onions, Tomato Sauce and  
 Seasonings  
 With Tater Tots

### Sweet and Sour Chicken

Vegetable Fried Rice  
 With Vegetable Eggroll

### Cheesy Beef Goulash

Whole Grain Elbow Macaroni Baked  
 With Onions, Sweet Bell Peppers,  
 Ground Beef and Marinara Sauce  
 Farm Fresh Balsamic Glazed Beets

### Pizza Day

Choice of Cheese or Pepperoni  
 With Tossed Caesar Salad  
 (Extra Slice Available for \$1.75)

### French Toast Sticks

With Westford Tucker Maple  
 Sugarhouse Syrup,  
 Choice of Ham or Sausage  
 Crispy Hash Brown

### Whole Grain Rotini

With Vegetarian Style  
 Marinara and Meatballs  
 With Greek Salad

### Chicken Fajitas

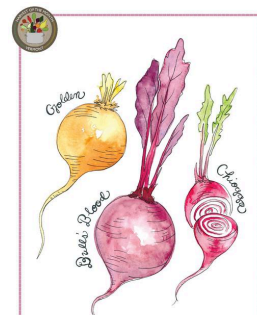
Grilled Chicken, Sweet Bell Peppers,  
 Onions, Cheddar,  
 Guacamole, Sour Cream and Salsa  
 Served over Warm Tortillas  
 With Peppercorn

## Lunch Includes Four Daily Choices

- 1.) **HOT ENTRÉE CHOICE**- Hot Selections listed above served with Healthy Side Choices
- 2.) **SANDWICH CHOICE**- Assorted Deli Sandwiches/Wraps
- 3.) **HEALTHY CHOICE ALTERNATIVES**- Yogurt Parfait, Low Fat Cottage or String Cheese, Hard Boiled Egg, and Whole Grain Bagel.
- 4.) **VEGGIE BAR**- Romaine Lettuce, Celery, Tomato, Chickpeas, Cucumbers, Baby Carrots and Whole Grain Pasta Salad.

Find us on:  
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VERMONT  
 HARVEST OF THE MONTH  
**BEETS**

[www.vermontharvestofthemonth.org](http://www.vermontharvestofthemonth.org)