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Monkton Central School - October 2010 Menu

FRESH SALAD BAR Offered Daily

In addition to our main meal we offer a salad bar with bread and milk every day.



FYI NEW MILK AT MONKTON

As part of the Food Service Director's Association Buying Group, Monkton Central School will now be offering Garelick milk for breakfast and lunch. Garelick was awarded the milk bid for our buying group based on three important factors.

- 1) They are offering a plastic 8 oz. container, which means we can recycle milk containers for the first time.
- 2) They have removed High Fructose Corn Syrup from their chocolate milk.
- 3) 96% of Garelick milk comes from VT cows.

Monday	Tuesday	Wednesday	Thursday	Friday
4 toast, cereal, fruit grilled cheese on wheat, Stoneyfield Organic Yogurt, fresh fruit, fresh vegetables Or peanut butter & jelly sandwich on wheat	5 pancakes, syrup, sausage, fruit baked ham, mashed potato, buttered corn, rolls, fresh fruit Or peanut butter & jelly sandwich on wheat	6 toast, cereal, fruit chicken nuggets, seasoned rice, buttered peas, fresh fruit Or peanut butter & jelly sandwich on wheat	7 bagel with toppings, cereal, fruit Monkton rollup (cheese, pepperoni, or vegetable), fresh fruit, peanut butter bar Or peanut butter & jelly sandwich on wheat	8 toast, cereal, fruit Soup and Sandwich Day home made vegetable soup, egg sandwich on wheat, fresh fruit Or peanut butter & jelly sandwich on wheat
11 toast, cereal, fruit Dress Your Burger Day hamburger or veggie burger, lettuce, tomato, cheese, pickles; potato wedges and sour cream Or peanut butter & jelly sandwich on wheat	12 English muffin, hard boiled egg, fruit Salad Bar Day - salad bar fixings plus diced ham, turkey, and bologna; hard boiled egg, pickles, cottage cheese, buttered rolls, fresh fruit Or peanut butter & jelly sandwich on wheat	13 toast, cereal, fruit home made whole wheat pizza, cheese, fresh fruit, fresh vegetables, frozen juice bars Or peanut butter & jelly sandwich on wheat	14 bagel with toppings, cereal, fruit goulash, garlic bread, fresh vegetables, fresh fruit Or peanut butter & jelly sandwich on wheat	15 toast, cereal, fruit scrambled eggs, baked ham, fresh vegetables, breakfast cake, fruit juice Or peanut butter & jelly sandwich on wheat
18 toast, cereal, fruit soft taco, seasoned rice, salsa, sour cream, fresh vegetables, fresh fruit Or peanut butter & jelly sandwich on wheat	19 double cinnamon toast, hard boiled egg, fruit macaroni and cheese, buttered peas, dessert Or peanut butter & jelly sandwich on wheat	20 toast, cereal, fruit ham or turkey grinder on a home made whole wheat bun, cheese, pickles, fresh vegetable, fresh fruit Or peanut butter & jelly sandwich on wheat	21 Vermont NEA Days no school	22 Vermont NEA Days no school
25 toast, cereal, fruit baked whole wheat chicken pattie on a wheat bun, potato wedges, fresh fruit Or peanut butter & jelly sandwich on wheat	26 home made French toast with syrup, sausage, fruit English muffin pizza, pretzels and peanuts, fresh vegetables, fresh fruit, chocolate oatmeal no bake bars Or peanut butter & jelly sandwich on wheat	27 toast, cereal, fruit buttered rotini or meatballs and sauce, green beans, garlic bread, fresh fruit Or peanut butter & jelly sandwich on wheat	28 double cinnamon toast, hard boiled egg, fruit Breakfast for Lunch French toast sticks, syrup, double sausage links, fruit juice Or peanut butter & jelly sandwich on wheat	29 toast, cereal, fruit hot dog on a wheat bun, fresh vegetables, Sun Chips, cheese sticks, fresh fruit, ice cream Or peanut butter & jelly sandwich on wheat

LUNCH PRICES
Paid \$ 2.50
Reduced \$4.40
Adult \$4.50
Milk \$.45

BREAKFAST PRICES
Paid \$1.50
Reduced \$.00
Adults \$1.50

Menu Subject to Change

What is a Reimbursable Meal?
Students may choose three different food items (from different food groups) for a complete reimbursable meal. This includes milk.

LOOK FOR LOCAL
Our school garden is brimming with vegetables. With the help of students we hope to harvest and use much of these lovely crops in our school meals.

We also hope to have support this year to include more local products in our menus from VT FEED (Food Education Every Day) to develop our Farm to School Program and use more local products in school meals.

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