

WEST RUTLAND SCHOOL

APRIL LUNCH MENU 2017



Monday

Tuesday

Wednesday

Thursday

Friday

3
Oven-Fried Chicken
Smashed Potatoes
Steamed Corn
Crumbly Corn bread

4
Sloppy Joes
Whole Grain Bun
Tasty Tater Tots
Sweet Peas

5
Cheesy Breadstick Dunkers
Marinara Sauce
Caesar Salad

6
Early Release!
MAPLE BBQ'd
Pulled Pork Sandwich
Sweet Potato Fries
Coleslaw

7
Open-Faced Hot Turkey Sandwich
Smashed Potato
MAPLE Kissed Carrot

10
Brunch For Lunch!
Whole Wheat Pancakes
Potato Bites
Sausage Patties

11
Magnificent...
Meatloaf
Mashed Potato
Corn
Dinner Roll

12
Home-Style Melty Macaroni & Cheese
Steamed Broccoli

13
Build a Better Burger!
Whole Wheat Bun
House-Cut Fries
Sweet Peas

14
MAPLE Glazed Roasted Pork
Radical Rice
Green Beans

17
Spring Break!

18
Spring Break!

19
Spring Break!

20
Spring Break!

21
Spring Break!

24
Creamy...
Chicken Gravy
Whole Grain Biscuit
Peas & Carrots
Smashed Potato

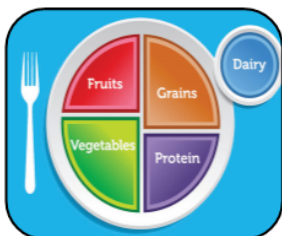
25
VT Maple Apple
French Toast Bake
Sausage Links
Home fries
Harvest of the Month!

26
Cheesy Goulash
Garlic Breadstick
Marinara Sauce
Cucumber Salad

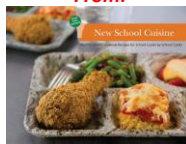
27
Shepherd's Pie
Wheat Dinner Roll

Birthday Cake Celebration

28
Hail Caesar!
Grilled Chicken
Caesar Wrap
Broccoli Salad
Orange Smiles



Vermont Maple Apple
French Toast Bake
From:



(Makes 4-6 servings)
1 apple, wedged
6-8 slices wheat bread
4 eggs, 1 C milk
2 T Maple syrup
1 1/2 t cinnamon, divided
1/4 t nutmeg, 1/8 t salt
1 t sugar



A Taste of Vermont!
April 25th
Join us in the cafeteria and grab a sample of some locally harvested Maple Syrup!

SANDWICH SHOP

Freshly prepared Subs, Sandwiches, & Wrap are available daily.

Yogurt Meals: Pre-packed Grab 'N' Go Option. Includes Smoothies, Parfaits or Yogurt Served with Granola, String Cheese, & Salad Bar!

LITTLE ITALY

Little Italy, Our daily selection of Cheese, Pepperoni, or Specialty Pizzas. All of our whole wheat Pizza Crust is made fresh daily.

THE SIZZLER

Our Sizzler Station provides a variety of kid favorite options such as: Chicken Nuggets, Ham-Burgers, Cheese Burgers, Chicken Fingers, Fish-Wiches, & More. Served with various sides.

GREENS-N-THINGS

Our Greens-N-Things bar is available daily! Round out your lunch entrée by filling up on an assortment of fresh cut fruits, vegetables, legumes, Specialty Salads, & More!

HALAPENOS

Build your own Fajita, Taco, Taco Salad or Nachos with a Variety of fun items including Jalapenos.

Prices: Lunch \$2.65
Adult: \$3.50
Milk: 50¢

Questions or Concerns? Visit us at wrs.edudine.com or Contact Jesse Keith at the West Rutland School Cafeteria 802-438-2288 ext.213

FITZVOGT
YOUR PARTNER IN DINING SERVICES