

# WEST RUTLAND SCHOOL FEBRUARY LUNCH MENU 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Meaty Marinara 1</b> Whole Wheat Pasta Bread Sticks Vegetable Medley	<b>Open-Face 2</b> Roasted Turkey Sandwich/Gravy Smashed Potatoes Green Beans	<b>Fahrenheit 160° 3</b> Build a Better Burger! <i>House Fries &amp; A Variety of Toppings</i>
<b>Brunch for Lunch! 6</b> French Toast Sticks Sausage Links Home Fries	<b>Crispy 7</b> Chicken Nuggets Dippin' Sauce Steamed Sweet Peas Rice Pilaf	<b>Melty... 8</b> Macaroni & Cheese Steamed Broccoli	<b>Shepherd's Pie 9</b> Wheat Dinner Roll  Birthday Cake Celebration!	<b>Creamy... 10</b> Chicken Gravy Whole Grain Biscuit Roasted Corn
<b>Chicken 13</b> Patty Day! Whole Wheat Bun Confetti Corn Tater Tots	<b>"Build Your Own" 14</b> Smoke House BBQ! Pulled Pork, Shred- ded Chicken, Baked Beans, Fries, &...	<b>Cheesy... 15</b> Breadstick Dunkers Marinara Sauce Glazed Carrots	<b>Sloppy Joes 16</b> Whole Grain Bun Roasted Potato Bites <i>Harvest Of the Month: Cabbage!</i>	<b>Creamy... 17</b> Tomato Soup Whole Wheat Grilled Cheese Vegetable Medley
<b>20</b> WINTER BREAK	<b>21</b> WINTER BREAK	<b>22</b> WINTER BREAK	<b>23</b> WINTER BREAK	<b>24</b> WINTER BREAK
<b>Brunch for Lunch! 27</b> Pancakes Home Fries Sausage Patties	<b>Smashed Potato Bar! 28</b> Chili, Cheese Sauce, Steamed Broccoli, & Variety of Toppings.		A Taste of Vermont! February 16th  Join us in the cafeteria and grab a sample of some locally harvested Cabbage!	

**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, is 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-Wicks, & More. Served with our hand-cut fries.

**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](http://wrs.edudine.com) or Contact Jesse Keith at the West Rutland School Cafeteria 802-438-2288 ext.213

