

WEST RUTLAND SCHOOL MARCH LUNCH MENU 2017



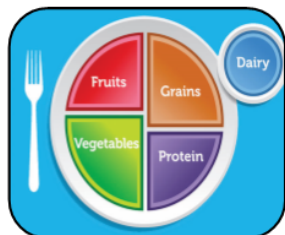
Monday

Tuesday

Wednesday

Thursday

Friday



Spaghetti & Meatballs
Bread Sticks
Caesar Salad

Yankee Pulled Pork Sandwich
Carrot & Raisin Salad
Curried Sweet Potato Fries

Chicken Pot Pie
Cinnamon Apples

Grilled Ham & Cheese Sandwich
Homemade Soup

Cheesy Chicken Quesadilla
Spanish Rice
Roasted Corn Salad

Home-Style Melty Macaroni & Cheese
Broccoli

Sloppy Joes
Whole Grain Bun
Roasted Potato Bites
Steamed Corn

Sweet & Sour Chicken
Oriental Vegetables
Oven-Fried Rice

Brunch For Lunch!
Whole Wheat Pancakes
Potato Bites
Sausage Patties

Build a better... Hot Dog w/a variety of toppings
Sweet Potato Fries
Broccoli & Cheese Sauce

Cheesy Breadstick Dunkers
Marinara Sauce
Cucumber & Tomato Salad

Magnificent... Meatloaf
Gravy
Mashed Potato
Green Beans

In-Service
No School!

Chicken Patty Day!
Confetti Corn
Tasty Tater tots
Loaded Potato Salad

Creamy... Tomato Soup
Whole Wheat Grilled Cheese
3-Bean Salad

Cheesy Chicken Pasta Bake
Garlic Breadstick
Steamed Broccoli

Shepherd's Pie
Wheat Dinner Roll
Harvest of the Month!
Carrots!

Deli Bar!
Build Your Own Sub or Sandwich
Broccoli Salad
Orange Smiles

Brunch for Lunch!
French Toast Sticks
Sausage Links
Hash Browns
Sliced Peaches

Creamy... Chicken Gravy
Whole Grain Biscuit
Steamed Sweet Peas
Smashed Potato

Pizza Day!
A Variety of Specialty and Traditional Pizzas
Made on our Homemade Whole Wheat Crust

Mighty! Meatball Subs
Tater Tots
Birthday Cake Celebration

Herb Roasted Turkey w/Gravy
Roasted Red Potatoes
Green Beans
Wheat Dinner Roll

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-Wichs, & 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