

WEST RUTLAND SCHOOL MAY LUNCH MENU 2017



Monday

Tuesday

Wednesday

Thursday

Friday

1
Oven-Fried Chicken
Smashed Potatoes
Steamed Corn
Crumbly Corn bread

2
BBQ Pulled Pork Sandwich
Coleslaw
Curried Sweet Potato Fries

3
Cheesy Breadstick Dunkers
Marinara Sauce
Caesar Salad

4
Crunchy Corn Dogs
Pasta Salad
Orange Smiles
Cucumber Wedges

5
Cheesy Noodles with Beef
Green Bean Salad
Dinner Roll

8
Brunch For Lunch!
Whole Wheat Pancakes
Roasted Home Fries
Sausage Patties

9
Chicken Patty Day!
Confetti Corn
Tasty Tater tots

10
Home-Style Melty Macaroni & Cheese
Broccoli Salad

11
Chicken Salad Wraps
Roasted Chickpeas
Sliced Melon

12
Build a Better Burger!
Whole Wheat Bun
House-Cut Fries
Sweet Peas

15
Grilled Cheese Sandwich
Homemade Soup
Cinnamon Apples

16
Fix-a-Fajita!
Choice of Pork or Chicken with a Variety of Fajita Fillers
Spanish Rice

17
Mighty! Meatball Subs
Tater Tots
Sweet Peas

18
Sweet & Sour!
Grilled or Crispy Chicken Bites
Oriental Vegetables
Oven-Fried Rice

19
Pizza Day!
A Variety of Specialty and Traditional Pizzas Made on our Homemade Whole Wheat Crust

22
Brunch For Lunch!
French Toast Sticks
Potato Bites
Fresh Melon
Sausage Patties

23
Chicken Nuggets
Radical Rice
Broccoli Salad
Dipping Sauces

24
Spaghetti
Meaty Marinara
Garlic Breadstick
Harvest of the Month!
Mixed Green Salad!

25
Shepherd's Pie
Wheat Dinner Roll

Birthday Cake Celebration

26
Subway Day!
Build your own Sandwich
Macaroni Salad
Orange Smiles



30
Hail Caesar!
Grilled Chicken
Caesar Wrap
Pasta Salad
Orange Smiles

31
Cheesy Goulash
Garlic Breadstick
Marinara Sauce
Cucumber Salad



A Taste of Vermont!
May 24th!
Join us in the cafeteria and grab a sample of some locally harvested Mixed Greens!

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

