

# 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

*Brunch For Lunch!* **8**  
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

*Brunch For Lunch!* **22**  
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

**29**  
  
MEMORIAL DAY

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

**31**  
Roasted Pork  
Smashed Potato Gravy  
Dinner Roll

  
HARVEST OF THE MONTH  
VERMONT

A Taste of Vermont!  
May 24<sup>th</sup>!  
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](http://wrs.edudine.com) or Contact Jesse Keith at the West Rutland School Cafeteria 802-438-2288 ext.213

