

# West Rutland School OCTOBER LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**5**  
Chicken Parmesan  
on Whole Wheat Noodles  
w/Marinara Sauce  
Garlic Breadsticks

Fresh Fruit & Veggie Bar  
Assorted Milk

**12**  
BBQ Chicken Sandwich  
Whipped Potatoes  
Corn on the Cob

Fresh Fruit & Veggie Bar  
Assorted Milk

**19**  
Creamy Chicken  
Over Buttermilk Biscuit  
Peas & Carrots

Fresh Fruit & Veggie Bar  
Assorted Milk

**26**  
Roasted Chicken  
w/Whipped Potatoes,  
Gravy & Mixed Vegetables,  
Whole Wheat Dinner Roll

Fresh Fruit & Veggie Bar  
Assorted Milk

**6**  
Classic Grilled Ham  
& Cheese  
w/Creamy Tomato Soup

Fresh Fruit & Veggie Bar  
Assorted Milk

**13**  
Italian Dunkers  
w/Mozzarella, Meat Sauce  
& Garlic Breadsticks

Fresh Fruit & Veggie Bar  
Assorted Milk

**20**  
General Tso's Popcorn  
Chicken over Fried Rice  
Oriental Vegetables

Fresh Fruit & Veggie Bar  
Assorted Milk

**27**  
Turkey Club Sub  
w/Broccoli Salad!

Fresh Fruit & Veggie Bar  
Assorted Milk

**7**  
**Lucky Tray Day**  
*Brunch for Lunch!*  
Whole Wheat Pancakes  
w/Strawberries, Sausage  
& Hash Browns

Fresh Fruit & Veggie Bar  
Assorted Milk

**14**  
**Lucky Tray Day**  
Crispy Chicken Nuggets  
& Ranch Dressing  
Roasted Potatoes

Fresh Fruit & Veggie Bar  
Assorted Milk

**21**  
**Lucky Tray Day**  
Meatball Sub  
w/Mozzarella Cheese  
& Pasta Salad

Fresh Fruit & Veggie Bar  
Assorted Milk

**28**  
**Lucky Tray Day**  
Classic Mac 'n Cheese  
w/Steamed Broccoli!

Fresh Fruit & Veggie Bar  
Assorted Milk

**1**  
Spaghetti w/Meat Sauce  
& Garlic Breadstick

Fresh Fruit & Veggie Bar  
Assorted Milk

**8**  
Sloppy Joes  
on a Whole Wheat Bun  
Tri Color Cole Slaw

Fresh Fruit & Veggie Bar  
Assorted Milk

**15**  
Rotini Pasta  
w/Meat Sauce  
& Garlic Breadstick

Fresh Fruit & Veggie Bar  
Assorted Milk

**22**  
Baked Penne Pasta  
w/Sausage a  
& Mozzarella Cheese!

Fresh Fruit & Veggie Bar  
Assorted Milk

**29**  
Baked Ham  
w/Pineapple Glaze  
Roasted Potatoes, Corn

Fresh Fruit & Veggie Bar  
Assorted Milk

**2**  
Crispy Chicken Ranch Wrap  
w/Lettuce & Tomato

Fresh Fruit & Veggie Bar  
Assorted Milk

**9**  
Crispy Chicken Finger  
Chef Salad:  
*Crispy Chicken Strips*  
w/Fresh Greens & Veggies,  
Ranch Dressing, Dinner Roll

Fresh Fruit & Veggie Bar  
Assorted Milk

**16**  
**No School**

**23**  
Becky's Shepherd's Pie  
w/Dilled Carrots

Fresh Fruit & Veggie Bar  
Assorted Milk

**30**  
**Happy Halloween!**  
Hot Dogs  
French Fries/Green Beans

Fresh Fruit & Veggie Bar  
Assorted Milk

## DAILY OFFERINGS

**Little Italy**  
Cheese Pizza, Pepperoni Pizza,  
Specialty Pizza

**Grill**  
Hamburger & Cheeseburger, Grilled  
Chicken Breast, Chicken Fingers, Fries

**Salad Bar**  
An Assortment of Fresh Vegetable, Fresh  
Fruit, Meats and Cheeses. Specialty Salads,  
Variety of fun and Healthy toppings

**Deli Bar**  
Freshly prepared Subs, Sandwiches,  
Wraps and Ciabatta Deli Meats & Cheese,  
Hummus, Assorted Protein Salads,  
Fresh Vegetables

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

Our self-serve fruit and vegetable bars are  
available daily! Round out your hot line  
entrée by filling up on an assortment of  
fresh cut fruits and vegetables that you can  
use to create your own healthy meal!

**LUNCH PRICES**  
Paid: \$2.55  
Adult: \$3.50

**BREAKFAST PRICES**  
Paid: \$1.50

**FITZVOGT**  
YOUR PARTNER IN DINING SERVICES

NOTE: MENU SUBJECT TO CREATIVITY  
USDA IS AN EQUAL OPPORTUNITY  
PROVIDER & EMPLOYER