



WEST RUTLAND SCHOOL LUNCH MENU

AUGUST/SEPTEMBER

LUNCH PRICES

Paid: \$2.55 Adult: \$3.50

BREAKFAST PRICES

Paid: \$1.50 Adult: \$1.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

26
Welcome Back Barbeque
Hamburger or Hot Dog
Pasta Salad
Potato Salad
Watermelon
Ice Cream Treat
Fresh Fruit & Veggie Bar

27
Ham & Cheese
Calzone
With Marinara Sauce
Fresh Fruit and Veggie Bar

28
Tender Chicken Nuggets
w/Dipping Sauces
Carrot & Pea Medley
Whole Wheat Roll
Fresh Fruit & Veggie Bar

31
Grilled Cheese or Grilled
Farm Tomato
& Cheese Sandwich
Piping Hot Tomato Soup
Fresh Fruit & Veggie Bar

1
Turkey Club Sub
Seasoned Baked Potato
Wedges
Local Cucumber
& Carrot Salad
Fresh Fruit & Veggie Bar

2
Lucky Tray DAY!
Classic Spaghetti
w/Meat Sauce
Garlic Breadstick
Italian Black Bean Salad
Fresh Fruit & Veggie Bar

3
Delicious Chicken Bowl
Baked Chicken Pieces
Piping Hot Gravy
Whipped Potatoes
Crisp Corn
Whole Wheat Dinner Roll
Fresh Fruit & Veggie Bar

4
Strawberry Yogurt
VT Cheddar String Cheese
Fresh Baked Banana Bread
Fresh Fruit & Veggie Bar

7
No School
Labor Day

8
National Waffle Week
Warm Waffles w/Syrup
Sausage Patty
Cheese Wedge
Seasoned Home Fries
Fresh Fruit & Veggie Bar

9
Lucky Tray DAY!
Home Style Mac & Cheese
Whole Wheat Dinner Roll
Grilled Mixed Veggies
Fresh Fruit & Veggie Bar

10
Chicken Parmesan
over Piping Hot Pasta
Green Beans
Oatmeal Raisin Cookie
Fresh Fruit & Veggie Bar

11
Vermont Cheddar Cheese
Quesadilla
Spanish Rice
Lettuce, Tomato, Salsa
Sour Cream
Fresh Melon
Fresh Fruit & Veggie Bar

14
BBQ Chicken Breast
Sandwich
Oven Baked Fries
Cole Slaw
Fruit & Veggie Bar

15
Local Vegetable and Beef
Chili with Whole Wheat
Macaroni
Fresh Baked Corn Muffins
Fresh Fruit & Veggie Bar
Fruit & Veggie Bar

16
Lucky Tray DAY!
Baked Cheesy Goulash
Whole Wheat Bread
& Butter
Steamed Broccoli
Fruit & Veggie Bar

17
Open Faced
Hot Turkey Sandwich
Whipped Potatoes
w/Gravy
Sweet Peas
Fruit & Veggie Bar

18
National
Cheeseburger Day
Cheeseburger on a Whole
Wheat Bun
w/Lettuce & Tomato
German Potato Salad
Fruit & Veggie Bar

21
Crispy Ranch Chicken Wrap
Sliced Sweet Peppers
w/Ranch Dip
Fresh Fruit & Veggie Bar

22
Yankee Pulled Pork
Sandwich
Baked Sweet Potato Fries
Garden Salad
Fresh Fruit & Veggie Bar

23
Lucky Tray DAY!
Brunch For Lunch
Blueberry Pancakes
Maple Syrup
Hash Browns
Sausage Links
Fresh Fruit & Veggie Bar

24
Chicken & Local Broccoli
Lo Mein
Baked Egg Roll
Pineapple
Fresh Fruit & Veggie Bar

25
Baked Potato Bar
w/Meat Sauce, Grilled
Broccoli, Cheese Sauce
& Sour Cream
Fresh Baked Corn Bread
Fresh Fruit & Veggie Bar

28
Whole Grain Chicken Patty
on a Whole Wheat Bun
w/Lettuce & Tomato
Chic Pea Salad
Fruit & Veggie Bar

29
Ham & VT Cheddar
Cheese Sandwich
on Whole Grain Bread
Lettuce & Tomato
Fruited Jell-O
Fresh Fruit & Veggie Bar

30
Lucky Tray DAY!
Pasta Bar
Choice of Alfredo
or Marinara, Meatballs,
Garlic Breadstick
Sauteed Collared Greens
Fresh Fruit & Veggie Bar

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 topping's

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!

NOTE: MENU SUBJECT TO CREATIVITY