SHELBURNE COMMUNITY SCHOOL
CHAMPLAIN VALLEY SCHOOL DISTRICT

September

Monday	Tuesday	Wednesday	Thursday	Friday
29 **Welcome Back!** **Free Breakfast & Lunch for all Students.** **Eat School Meals!** 2	**30** 1	**31** Baked Chicken Nuggets or SunButter & Jelly Sandwich With Veggies Fruit and Ice Cold Milk 178	**1** Fresh Baked Pizza or Chef Salad With Veggies Fruit and Ice Cold Milk 177	**2** Cheeseburger or Veggie Burger or Turkey Sandwich With Veggies Fruit and Ice Cold Milk 176
LABOR DAY NO SCHOOL **5** HAPPY Labor Day	**Breakfast for Lunch** **6** Breakfast for Lunch or Buffalo Chicken Wrap With Veggies Fruit and Ice Cold Milk 175	**7** Pasta w/ Meatsauce or Marinara or Ham & Cheese Sandwich With Veggies Fruit and Ice Cold Milk 174	**8** Fresh Baked Pizza or Chef Salad With Veggies Fruit and Ice Cold Milk 173	**9** Fish and Chips or Turkey Sandwich With Veggies Fruit and Ice Cold Milk 172
12 Grilled Cheese Sandwich or Turkey BLT on Local Roll with Homemade Tomato Soup With Veggies Fruit and Ice Cold Milk 171	**Taco Tuesday** **13** Beef or Bean Tacos or Black Bean Taco Salad With Veggies Fruit and Ice Cold Milk 170	**14** Cheese Ravioli w/ Marinara or Cheese & Crackers Lunch Box With Veggies Fruit and Ice Cold Milk 169	**15** Fresh Baked Pizza or Chef Salad With Veggies Fruit and Ice Cold Milk 168	**16** Baked Chicken Tenders or Garden Salad With Veggies Fruit and Ice Cold Milk 167
19 Homemade Mac & Cheese or Ham Sandwich With Veggies Fruit and Ice Cold Milk 166	**Breakfast for Lunch** **20** Breakfast for Lunch or Chicken Caesar Salad With Veggies Fruit and Ice Cold Milk 165	**21** Pasta w/ Meatsauce or Marinara or Turkey & Cheddar Sandwich With Veggies Fruit and Ice Cold Milk 164	**22** Fresh Baked Pizza or Chef Salad With Veggies Fruit and Ice Cold Milk 163	**23** Hot Dog on a Bun or Hummus & Veggie Wrap With Veggies Fruit and Ice Cold Milk 162
26 Cheesy Breadsticks w/ Marinara or Buffalo Chicken Wrap With Veggies Fruit and Ice Cold Milk 161	**Taco Tuesday** **27** Chicken or Bean Tacos or Black Bean Nachos Box With Veggies Fruit and Ice Cold Milk 160	**28** Homemade Beef-a-Roni or Garden Salad With Veggies Fruit and Ice Cold Milk 159	**29** Fresh Baked Pizza or Chef Salad With Veggies Fruit and Ice Cold Milk 158	**30** Stuffed Baked Potato w/ Pretzel or Italian Hoagie on Local Roll With Veggies Fruit and Ice Cold Milk 157

FREE Breakfast Meals available for all students daily. Eat School Breakfast!

This institution is an equal opportunity provider.

Daily Alternate Choices Available
Turkey Sandwich, Ham Sandwich or SunButter Sandwich
Chef Salad or Garden Salad

Special Dietary Requirements?
We will try to make reasonable accommodations for special dietary requirements or allergies. Some requests may require a medical statement. These requests will be handled on a case by case basis.
Please contact your Food Service Director if you have questions.

Information
There are many benefits for individuals and for our district associated with Free & Reduced meal applications. Even though meals are free for all students this year, please apply.

Free & Reduced Meal Application

Free & Reduced Meal Application Online

Food Service Feedback Form

CONTACT INFORMATION:
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*COMMENTS & SUGGESTIONS APPRECIATED
** MENU SUBJECT TO CHANGE
*** LOOKING FOR FOOD SERVICE SUBSTITUTES
more info at www.cvsdvt.org

SHELBURNE COMMUNITY SCHOOL
SEPTEMBER 2022
CVSD