



HINESBURG COMMUNITY SCHOOL
CHAMPLAIN VALLEY SCHOOL DISTRICT

October



Monday	Tuesday	Wednesday	Thursday	Friday
30 Cheese Ravioli w/ Marinara or Turkey & Cheddar Sandwich With Veggies Fruit and Ice Cold Milk 154	Taco Tuesday 1 Cheese Quesadilla or Black Bean Taco Salad w/ Chips With Veggies Fruit and Ice Cold Milk 153	2 Baked Chicken Tenders or Ham & Cheddar Wrap With Veggies Fruit and Ice Cold Milk 152	3 Fresh Baked Pizza or Chicken Caesar Salad With Veggies Fruit and Ice Cold Milk 151	4 Hot Dog on a Bun or SunButter & Jelly Sandwich With Veggies Fruit and Ice Cold Milk 150
7 Grilled Cheese Sandwich or Ham & Cheddar Sandwich Homemade Tomato Soup With Veggies Fruit and Ice Cold Milk 149	Breakfast for Lunch 8 Breakfast for Lunch or Chicken Caesar Salad With Veggies Fruit and Ice Cold Milk 148	9 Baked Corn Dog or Flat Bread Pizza Box With Veggies Fruit and Ice Cold Milk 147	10 No School Today 	11 No School Today 
14 Homemade Mac & Cheese or Italian Hoagie With Veggies Fruit and Ice Cold Milk 146	Taco Tuesday 15 Tater Tot Nachos w/ WG Fritos or Chicken Ranch Wrap With Veggies Fruit and Ice Cold Milk 145	16 Baked Fish Fillet on a Bun or Cheese & Crackers Lunch Box With Veggies Fruit and Ice Cold Milk 144	17 Fresh Baked Pizza or Chicken Caesar Salad With Veggies Fruit and Ice Cold Milk 143	18 Hamburger or Veggie Burger Deluxe or SunButter & Jelly Sandwich With Veggies Fruit and Ice Cold Milk 142
21 BBQ Chicken Leg w/ Wheat Roll or Turkey BLT Wrap With Veggies Fruit and Ice Cold Milk 141	Breakfast for Lunch 22 Breakfast for Lunch or Chicken Caesar Salad With Veggies Fruit and Ice Cold Milk 140	23 Baked Chicken Patty on a Bun or Hummus & Veggies w/ Chips With Veggies Fruit and Ice Cold Milk 139	24 Fresh Baked Pizza or Chef Salad With Veggies Fruit and Ice Cold Milk 138	25 Pastitsio w/ Garlic Knot or Cheese & Crackers Lunch Box With Veggies Fruit and Ice Cold Milk 137
28 Cheesy Breadsticks w/ Marinara or Ham & Cheddar Wrap With Veggies Fruit and Ice Cold Milk 136	Taco Tuesday 29 Chicken or Black Bean Soft Tacos or Cool Ranch Taco Salad w/ Doritos With Veggies Fruit and Ice Cold Milk 135	30 Pasta with Meat Sauce or Marinara or Turkey & Cheddar Sandwich With Veggies Fruit and Ice Cold Milk 134	31 Fresh Baked Pizza or Chicken Caesar Salad With Veggies Fruit and Ice Cold Milk 133	1 No School Today - Diwali 

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
 Breakfast and Lunch meals are FREE for all students in Vermont. Please encourage your students to participate. Universal Meals aims to reduce hunger, eliminate stigmas, improve student learning and bring more federal dollars into our state.

 Please fill out the Household Information Form. The information collected on this form will help our school district to qualify for grants, Title 1 funds and many other district and household specific benefits. This information is not related to free and reduced meal eligibility.
[Electronic Household Income Form](#)

CONTACT INFORMATION:
 Wendy Munsell, Food Service Manager
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 10888 RTE 116, HINESBURG, VT 05461
 *COMMENTS & SUGGESTIONS APPRECIATED
 ** MENU SUBJECT TO CHANGE
 *** LOOKING FOR FOOD SERVICE SUBSTITUTES
 more info at www.cvsdvt.org

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