

Mast Way & Moharimet

May

2018



There are a wide variety of salad greens available in Vermont, spanning across several plant families, each bearing a unique history and taste. The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals	1 CHICKEN PARM on PASTA ROASTED HARVEST BAKE GARDEN BAR CHOICES CHILLED PEACHES	2 MEATBALL SUB CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES	3 ROAST TURKEY, WARM BISCUIT MASHED POTOTES & GRAVY ROASTED SQUASH, WARM ROLLS GARDEN BAR CHOICES CHILLED PEACHES, COOKIE	4 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
7 <u>Meatless Monday</u> WAFFLES & SYRUP MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT	8 TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE	9 TERIYAKI CHICKEN SEASONED RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS	10 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN GARDEN BAR CHOICES FRESH GRAPES	11 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS with HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE
14 PASTA ALFREDO W/HAM STEAMY PEAS GARDEN BAR CHOICES MIXED FRUIT	15 PINEAPPLE CHICKEN STIR FRIED RICE GARDEN BAR CHOICES FORTUNE COOKIE MANDARIN ORANGES	16 PULLED PORK SLIDERS HOMEMADE COLESLAW BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE	17 PASTA W/CHOICE OF SAUCE WHOLE WHEAT BREADSTICK GARDEN BAR CHOICES SEASONED CORN CHILLED PEACHES	18 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD
21 <u>Meatless Monday</u> CHEESE RAVIOLI BOSCO CHEESE FILLED BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP	22 CHICKEN STEW HOMEMADE CORNBREAD GARDEN BAR CHOICES CHILLED PEARS	23 SLOPPY JOE on a BUN CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS	24 OPEN-FACED HOT TURKEY SANDWICH MASHED POTATO & GRAVY STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES	25 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE
28 Memorial Day No School	29 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES	30 <u>Top Your Own Taco</u> SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, SOFT OR HARD SHELL GARDEN BAR, SPANISH RICE BLACK BEANS, PEACHES	31 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTALOUPE	Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider