

Month: Poultney High January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Baked Chicken Fritters w/dipping sauce Oven Baked Fries Grilled Vegetable Blend Chilled Fruit Fresh Baked Cookie	4 Baked Cheesy Rotini Toasted Garlic Bread Fresh Tossed Greens w/local veggies Choice of Fruit	5 Open Face Hot Turkey Sandwich Whipped Potatoes w/gravy Glazed Carrots Assorted Fresh Fruit	6 Brunch for Lunch Warm Waffles w/syrup Sausage Patty Seasoned Home Fries Cheese Wedge Cinnamon Applesauce
9 Baked Filet of Fish On a Whole Wheat Bun Baked Potato Wedges Dilled Carrot Coins Chilled Fruit	10 Swedish Meatballs Hot Buttered Noodles Whole Wheat Dinner Roll Celery Sticks w/dip Fruited Jello	11 Oven Baked Lasagna w/meat Toasted Garlic Bread Fresh Tossed Salad w/local veggies Assorted Fresh Fruit	12 Turkey Pot Pie- Whipped Potatoes w/gravy Seasoned Green Beans Assorted Fresh Fruit	13 Pepperoni or Cheese Calzone Cucumber & Tomato Salad Sliced Pears Chewy Brownie
16 No School	17 Delicious Chicken Bowl Baked Chicken Pieces Piping Hot Gravy Whipped Potatoes Crisp Corn Crisp VT Apple	18 Italian Style Spaghetti w/Meat Sauce Toasted Garlic Bread Fresh Tossed Salad Greens w/local Veggies Crisp VT Apple	19 Oven Roasted Chicken Roasted Red Potatoes Grilled Capri Vegetables Fresh Baked Cookie	20 Cheesy Italian Dunkers w/meat sauce Fresh Tossed Salad w/local veggies Assorted Fresh Fruit
23 Pizza Burger on Whole Wheat Bun Oven Baked Fries Fresh Veggie Bites w/dip Orange Smiles	24 Chicken Parmesan Piping Hot Pasta w/marinara sauce Toasted Garlic Bread Grilled Broccoli Choice of Fruit	25 Homemade Mac & Cheese w/VT Cheddar Whole Wheat Dinner Roll Sweet Green Peas w/Carrot Coins Chilled Fruit	26 Sweet & Sour Chicken Over Brown Rice Steamed Oriental Vegetables Fortune Cookie Chilled Pineapple	27 Michigan Dog on a whole wheat bun Oven Baked Fries Steamed Winter Veggies Sliced Pears
30 Turkey & Cheese On Whole Wheat Bread Piping Hot Vegetable Soup Assorted Fresh Fruit	31 Sloppy Joe on a Whole Wheat Bun Tasty Tater Tots Steamed Mixed Veggies Chilled Fruit			