

JANUARY 2024

Cabot School

Breakfast Menu:

Monday-Breakfast bars, Tuesday-Yogurt, Wednesday-Bagels, Thursday-Muffin, and Friday-Cereal

Lunch & Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
No School Happy New Year!	NACHOS! Beef or Beans w/ Salsa and Queso Brown Rice and Re-fried Beans	American Chop Suey Macaroni Noodles W/ Marinara and *Local Ground Beef & Garlic Bread	General Tso's Chicken Served on Brown Rice W/ Broccoli	Pizza! Cheese, Pesto & Pepperoni & Caesar Salad
Meatball Subs Meatballs, Provolone W/ Marinara Sauce on a Whole Wheat Sub	Taco Tuesday! Beef or Bean on a soft corn shell Brown Rice, Re-fried & Black Beans	Mac & Cheese Homemade Macaroni and Cheese & Roasted Broccoli	Chicken Fingers W/ French Fries	Breakfast for Lunch Pancakes, with Real Maple Syrup, Sausage & Scrambled Eggs
No School In-service day	Quesadillas Chicken or Cheese Brown Rice & Refried Beans	Spaghetti & Meatballs* *optional With a Bread Stick	Shepherd's Pie Meat or Vegetarian & a Dinner Roll	Pizza! Cheese, Pesto & Pepperoni & Caesar Salad
Pulled Pork Sandwich Sweet Potato Tots, & Cole Slaw	NACHOS! Beef or Beans w/ Salsa and Queso Brown Rice and Re-fried Beans	Mac & Cheese Homemade Macaroni and Cheese & Roasted Broccoli	Meatloaf Mashed potato, Corn & Dinner Roll	Breakfast for Lunch French toast sticks, With Real Maple Syrup, Bacon & Scrambled Eggs
Chicken or Fish Patty (Black bean burger upon request) & French Fries	Taco Tuesday! Beef or Bean on a soft corn shell Brown Rice, Re-fried & Black Beans	Lasagna Meat or Vegetarian With a Dinner Roll		

*Menu is subject to change without notice. *Vegetarian options are available.

Full salad bar containing fruits and vegetables is available daily with your meal along with a choice of milk.

All students eat for free. Adult lunch: \$5/Salad Bar \$3