

# JULY 2018

## WCSU Summer SOAK

### Monday

Ham Sandwich **or** 2  
Cheese Sandwich  
Choice of fruit  
Salad Bar

Bow Tie Pasta 9  
Choice of meat sauce  
**or** plain sauce  
Choice of fruit  
Salad Bar

Homemade Pesto 16  
Noodles  
Whole Grain Roll  
Choice of fruit  
Salad Bar

Turkey & Lettuce 23  
Wrap  
Choice of fruit  
Salad Bar

*Enjoy the rest of  
your summer!* 30  
*See you at the end of August!*

### Tuesday

Hot Dog 3  
Choice of fruit  
Salad Bar

Local Beef Tacos 10  
With choice of toppings  
Choice of fruit  
Salad Bar

Baked Potato Bar 17  
Toppings include steamed  
broccoli, local beef, cheese and  
sour cream  
Choice of fruit  
Salad Bar

Cheese & Chicken 24  
Quesadilla  
Seasoned Rice  
Choice of toppings  
Choice of fruit  
Salad Bar

**Summer Break!** 31

### Wednesday

**Happy 4<sup>th</sup> of July** 4  
**No Summer SOAK**

**Inspire Day!** 11  
Students who have  
purchased a meal plan or  
who are signed up for meals  
will get a bagged lunch for the  
trip.

Cheese Pizza **or** 18  
VT Pepperoni Pizza  
Choice of fruit  
Salad Bar

Cheese Pizza **or** 25  
Special Pizza  
Choice of fruit  
Salad Bar

### Thursday

Hamburger on a 5  
whole grain bun  
Choice of fruit  
Salad Bar

Alfredo Noodles 12  
Choice of fruit  
Salad Bar

Roasted Chicken Thighs 19  
Black Bean & Corn  
Summer Salad  
Choice of fruit  
Salad Bar

Tuna Roll **or** 26  
Egg Salad Roll  
Potato Chips  
Choice of fruit  
Salad Bar  
\*End of SOAK program celebration  
and BBQ

### Friday

Homemade 6  
Mac & Cheese  
Choice of fruit  
Salad Bar

Chicken Patty 13  
Sandwich  
Sweet Potato Fries  
Choice of fruit  
Salad Bar

Whole Grain 20  
Pancakes  
Maple Sausage Links  
Choice of fruit  
Salad Bar

**Chef's Choice!** 27  
Choice of fruit  
Salad Bar

*Students may choose the main entrée or a peanut butter & jam sandwich as an alternative. All students must take ½ cup fruit to complete their meal. The salad bar is filled with a spring mix, cucumbers, peppers, carrots and extra proteins that include Green Mountain Greek Vanilla Yogurt and Cabot Cottage Cheese. A choice of 1% or Skim milk is included with the meal.*