

# JANUARY 2012 RUMNEY LUNCH MENU

\$2.75/lunch; \$0.50/milk; \$0.75/snack

"We're a School that Tries New Foods!"

HAPPY NEW YEAR FROM THE RUMNEY WILDCAT CAFE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL NOTES
01/02/12	01/03/12	01/04/12	01/05/12	01/06/12	Week of 1/2-1/6
No School	-Grilled Cheese on WW (GF) -Tomato Soup -Saltine Crackers -Carrot Sticks w/Ranch -Canned Peaches	-Chicken Fajitas in a ww wrap w/ cheddar cheese or Vegetarian bean and cheese burrito (GF) -Salsa and Sour Cream -Quinoa and brown rice pilaf -Steamed green beans -Applesauce	-Rumney's Awesome Whole Wheat Pizza! Choice of pepperoni, or pesto w/ tomatoes and broccoli (GF) -Romaine salad w choice of Italian, Rumney Maple balsamic -Baby Carrots -Crunchy VT Apple	-Whole grain chicken nuggets -Sweet Potato fries w/ ketchup -Steamed Yellow beans or fresh cucumber slices -Fresh Oranges	<b>Sandwich Alternative available in place of first menu item:</b> Ham and Cheese w/mayo, Romaine on WW GF: item is available with a GF substitute ww: whole wheat is 51% or more in the recipe.
01/09/12	01/10/12	01/11/12	01/12/12	01/13/12	Week of 1/9-1/13
-King Rosen's Creamy Chicken over brown rice -Steamed peas -WW Biscuit w/ Cabot butter -Canned pineapple	-Turkey sandwiches w/ mayo, cheese, lettuce on a ww roll (GF) -Whole Corn Tortilla chips -Baby Carrots/dip -Oatmeal CC Cookie -Fresh Orange slices <b>-No Sandwich Alt!</b>	<b>-Brunch for Lunch!!!</b> -French toast w/Rumney maple syrup (GF) -sausage patty -VT Red potato homefries -Hardboiled egg -Applesauce or o.j.	- Rumney's Awesome Whole Wheat Pizza! Choice of Pepperoni, cheese, or pesto w/ tomatoes and broccoli (GF) -Romaine salad w/ choice of Italian or Rumney Maple balsamic dressing -Sliced Cukes and VT carrot sticks	-Nachos w/ <b>Templeton Farm</b> grass-fed beef (or cheese only) w/ salsa, sour cream (GF) -Seasoned black beans -Spinach Salad -Canned pears	<b>Sandwich Alternative available in place of first menu item:</b> Turkey and Cheese w/ Romaine on WW bread (no sandwich alt on 1/10)

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01/16/12	01/17/12	01/18/12	01/19/12	01/20/12	week if 1/16-/20
-No School <b>MLK Holiday</b>	-Our Famous WW Mac and Cheese (GF) -Homemade cornbread w/ <b>Butterworks Farm</b> cornmeal and Cabot butter -Steamed mixed vegetables -Applesauce	-Hamburger or Cheeseburger on ww Roll w/ <b>Templeton Farm</b> grass-fed beef (GF) -VT Roasted Red potato wedges w/ ketchup -Steamed green peas -Canned or fresh pears (based on availability)	-Rumney's Awesome Whole Wheat Pizza! Choice of Sausage, cheese, or pesto w/ tomatoes and broccoli (GF) -Spinach salad w choice of Italian, Rumney Maple balsamic -VT Carrot sticks -VT Apple	-No School <b>Teacher Inservice</b>	<b>Sandwich Alternative available in place of first menu item:</b> Egg Salad w/ Romaine on WW bread (GF) GF: item is available with a GF substitute ww: whole wheat is 51% or more in the recipe.
01/23/12	01/24/12	01/25/12	01/26/12	01/27/12	week of 1/23-1/27
-Deb's Dunkers!! (GF) (Melted cheese on a homemade ww roll w/ marinara dipping sauce) -Garlic buttered ww pasta -Steamed broccoli -VT Carrots w/ side of ranch dressing -Canned Mandarin Oranges	-Turkey noodle soup with <b>Worcester Woods Farm</b> turkey -WW biscuit w/Cabot butter -Tossed Salad w/ Italian or Rumney maple balsamic dressing -Fresh Orange slices -ww Oatmeal CC Cookie	-WW Spaghetti w/ <b>Templeton Farm</b> grass-fed beef sauce or marinara sauce (GF) -Homemade ww rolls w/ Cabot butter -Romaine salad w/ choice of Italian or Rumney Maple Balsamic dressing -Canned peaches or oranges	-Rumney's Awesome Whole Wheat Pizza! Choice of Pepperoni, cheese, or pesto w/ tomatoes and broccoli (GF) -Spinach salad w choice of Italian, Rumney Maple balsamic -VT Carrot sticks -VT Apple	-Mackenzie Hot Dog and ww roll (GF) w/ketchup, mustard, relish or Veggie Burger on ww Roll -Baked Beans w/ <b>VT Smoke and Cure Bacon</b> -Steamed Corn -Fresh Orange slices	<b>Sandwich Alternative available in place of first menu item:</b> <b>New!</b> Hummus veggie wrap on ww wrap (a Friday taste test)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL NOTES
01/30/12	01/31/12	02/01/12	02/02/12	02/03/12	
Corn Chowdal (GF) -Homemade ww Roll w/ Cabot Butter -Romaine Salad w/ choice of Italian or Rumney Maple Balsamic dressings -Chocolate ww Brownie! -Canned Peaches	-Whole corn Tacos w/ seasoned ground turkey and melted cheddar cheese (or black bean taco and cheese) (GF) -optional toppings: lettuce, tomatoes, salsa, sour cream -Seasoned black beans -Brown Rice -Canned Pears	-Baked chicken -Roasted Locally grown Veggies (healthy snack favorite!) -ww biscuit w/Cabot butter -VT apple	Rumney's Awesome Whole Wheat Pizza! Choice of <b>VT Smoke and                      Cure Bacon</b> and pineapple, cheese, or pesto w/ tomatoes and broccoli (GF) -Spinach salad w choice of Italian, Rumney Maple balsamic -VT Carrot sticks -Mandarin Oranges	-VT Apple and cheese quesadilla on ww wrap- yum! -Sweet Potato Fries w/ ketchup -Spinach Salad w/ choice of Italian or Rumney Maple Balsamic dressings -VT apple	<b>Sandwich Alternative                      available in place of first                      menu item: Ham and                      Cheese</b>

## Rumney Breakfast menu for month of JANUARY 2012 **NOTE THE CHANGES!!** \$2.00/breakfast

**Monday:** Breakfast Sandwich—fried egg w/ American Cheese on a whole wheat English muffin w/ bacon or sausage or cheese only

**Tuesday:** Whole Wheat waffles with Rumney maple syrup, sausage patty

**Wednesday:** Scrambled eggs with whole wheat toast and bacon, ketchup

**Thursday:** **NEW! Whole Wheat pancakes with Rumney maple syrup!, sausage links**

**Friday:** Rumney's famous breakfast pizza—whole wheat pizza crust with egg, cheddar and Moz cheese and bacon/sausage bits or cheese/egg only

All Breakfasts are served with 100% orange juice, 1% or skim milk, and a serving of fruit. Bagels w/ low fat cream cheese or Rumney Granola or boxed cereals are available in place of main breakfast entree.

**Rumney Snack Menu:** \$0.75/snack. This snack is not reimbursable under the Federal Free and Reduced breakfast and lunch program and will be deducted from your child's food service account. 1% and skim milk or 100% orange juice available for an extra \$0.50.

**Mondays:** Rumney Granola bar—homemade bar with locally grown oats and Rumney maple syrup

**Tuesday:** 4 oz Stonyfield Farms vanilla yogurt w/ homemade Rumney whole oat nut-free maple granola

**Wednesday:** Popcorn from the PTO for 25 cents -not deducted from your child's food service account. Please provide a quarter if your child wants popcorn.

**Thursday:** Woody's Blues Blueberry Whole Grain Muffin w/ Cabot butter—blueberries from our custodian, Woody's, blueberry bushes!!

**Friday:** Free Healthy Snack featuring locally grown food from the Foodworks Farm-to-Table program!

**Please maintain a positive balance in your child's food service account. We act on a debit system and your child's account will be deducted for each meal, snack or drink ordered. You will receive a bill every other week only if your child's account is in the negative.**

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