



WCSU SUMMER SOAK JULY 2023

Choices of fruit & skim or 1% milk included with every meal.



@vtschoolmeals



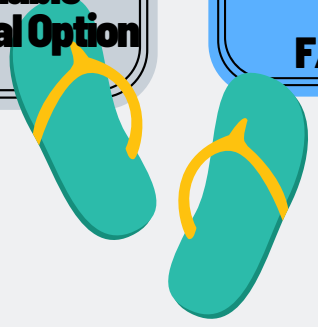
Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SOAK SESSIONS ON MONDAYS	4 JULY 4th-NO SOAK	5 Chicken Patty Sandwich Sweet Potato Fries	6 Penne Pasta Marinara Sauce WG Roll Parmesan Green Beans	7 Pizza Choices Side Salad
10 NO SOAK SESSIONS ON MONDAYS	11 <i>Boyden Farm (VT)</i> Beef Tacos Street Corn Salad Toppings	12 Melted Ham & Cheese Croissant Sliced Cucumbers <i>*VeggieVanGO Free Food Distribution @ 10am-WUHSMS</i>	13 Chicken & Waffles Maple Syrup (VT) Homefries	14 WG Cheesy Breadsticks Marinara Dipping Sauce Side Salad
17 NO SOAK SESSIONS ON MONDAYS	18 Chicken Parm with Rotini Pasta & Marinara WG Dinner Roll	19 King Arthur Whole Grain Pancakes Maple Sausage Links Maple Syrup (VT) Homefries	20 Mac & Cheese (VT) Caesar Salad	21 Pizza Choices Side Salad
24 NO SOAK SESSIONS ON MONDAYS	25 Chicken Patty Sandwich Sweet Potato Fries	26 Protein Pack Cheese & Pepperoni WG Pretzel Apple & Peanut Butter Vegetable side	27 Picnic Lunch Uncured Hot Dog Pasta Salad Watermelon Chips Cookie	28 WG Cheesy Breadsticks Marinara Dipping Sauce Side Salad

Peanut Butter & Jam Sandwich Available instead of Main Meal Option

MEAL PRICES
\$3.50 Breakfast
\$5.00 Lunch
F/R Status is FREE

STUDENT MEALS ARE FREE IF QUALIFIED FOR FREE & REDUCED STATUS

Grab & Go Breakfast available every morning.



Summer

This institution is an equal opportunity provider.

Menu Subject to change based on supply.