



**SEPTEMBER 2016 HEALTHY KIDS MEALS EVENTS  
RESTAURANT MENUS**



519 Main Street  
Bennington

Pumped Up Pasta Bake\*

*Whole grain penne pasta baked with tomatoes and black beans*

Cheese or Veggie Pizza

*Whole wheat cheese or veggie pizza served with a side of orange slices*

*\*Recipe adapted from Sarasota County Schools, Sarasota, FL*



121 West Street  
Rutland

Hawaiian Chicken Kebabs

*Chicken and pineapple kebabs served with baby carrots and brown rice.*

Pork and Homemade Applesauce

*Lemon pepper pork tenderloin served with homemade applesauce, baby carrots and brown rice*



325 North Main Street  
Barre

Chicken Roll-Up

*Chicken breast stuffed with spinach and wrapped in cheese served with brussels sprouts and sweet potatoes*

Mac n' Cheese

*Creamy butternut squash and cheddar whole grain macaroni and cheese served with a side of broccoli*

Very Berry Stir Fry

*Homemade sweet and sour berry sauce stir fried with fresh veggies and served over brown rice*



24 North Main Street  
St. Albans City

Chicken "Little" Burrito\*

*Chicken, veggies, beans, cheese and brown rice wrapped in a whole grain tortilla*

Heart Healthy Flatbread

*Whole grain flatbread with tomato sauce, cheese, broccoli, mushrooms, red peppers, onion and spinach*

\*Recipe adapted from USDA What's Cooking?



30 Main Street  
Springfield

Cheese or Chicken Quesadillas

*Cheese or chicken quesadilla served with a side of sals and fruit*

Cheeseburger Sliders

*Two cheeseburger sliders served on whole wheat buns with fruit and a pickle*



1710 Shelburne Road  
South Burlington

BBQ Chicken\*

*BBQ chicken breast served with colorful veggie mashed potatoes and apple slices*

Glazed Meatloaf\*

*Turkey meatloaf served with a sweet broccoli salad and red potatoes*

*\*Recipes adapted from USDA What's Cooking?*



397 Railroad Street  
St. Johnsbury

BBQ Chicken Skewers

*BBQ Chicken skewers served with fruit, veggies and homemade ranch dipping sauce.*

Cheese Flatbread

*Crunchy Cheese flatbread served with fruit, veggies and homemade ranch dipping sauce.*