

April 14, 2020

Dear South Burlington Families,

We are grateful to share that the South Burlington School District will continue to provide nutritious meals for our families and community members during the upcoming spring break: April 20-24.

Below please find further information and menus.

Information on How Food Will Be Delivered/Available

Since bus delivery will only operate during April break on Tuesday, April 21, and pick-up locations will only operate on Wednesday, April 22, additional meals will be sent home this week (April 16-17) on the regular bus route:

- (1) Extra breakfast items and other nonperishables will be distributed at pick-up locations and delivered via the regular bus routes on Thursday, April 16 and Friday, April 17.
- (2) Extra lunches and perishable items will be distributed at pick-up locations and delivered via the regular bus routes on Friday, April 17, and Tuesday, April 21, and will include the following:
 - Whole, fresh vegetables such as carrots, celery, cucumbers (if available), peppers, and a 32-oz container of mixed salad greens with a variety of packaged dressing;
 - 4-5 pieces of fresh fruit;
 - 32-oz container of milk.
- (3) Emergency meals will be available for pick-up at Frederick H. Tuttle Middle School (500 Dorset Street) on Wednesday, April 22 from 9:00 AM to 12:00 PM.

Spring Break Menu

BREAKFAST

Breakfast will consist of shelf-stable, pre-packaged items such as instant oatmeal, Nutri-Grain bars, breakfast cookies, cereal, muffins, mini-waffles, raisins, Dole fruit cups, applesauce, and juice. *(The actual items will be determined by product availability from our supplier.)*

LUNCH

Make Your Own

All items to make the sandwiches will be supplied separately so you can make the sandwiches when you are ready:

- Grilled cheese and chicken noodle or vegetable soup (2 servings per can), chips, fruit, milk
- Egg salad sandwich and tomato soup (2 servings per can), chips, fruit, milk
- Pizza kit (flatbread, pizza sauce, and cheese), chips and fruit, milk

Heat and Eat

These items can be frozen for later use. If not frozen, please keep items refrigerated and use within 6 days. All pre-made meals should be reheated to an internal temperature of 165 degrees before consuming:

- Chili (regular or vegetarian) with cheese and tortilla chips, fruit, milk
- Homemade chicken pot pie w/ biscuit, fruit, milk
- Ravioli with marinara sauce, fruit, milk
- Sloppy Joe, regular or vegetarian (with lentils), chips, fruit, milk
- BBQ chicken strips or BBQ tofu, with fries, fruit, milk

For a menu complete with instructions for heating, please visit the Nutritional Services page of the District website: <https://www.sbschools.net/Domain/40>.

Additionally, if you need additional assistance or have any special needs, please contact Rhonda Ketner, Nutritional Services Director, at rketner@sbschools.net or 802-652-7160.

Thank you!

This institution is an equal opportunity provider.