



# PAW PRINTS



VOLUME #27 ISSUE #6

Friday, October 2, 2026

## MENU FOR THE WEEK

10/5-10/9

**Monday-** Chicken & Biscuits, Peas, Salad,  
Asst. Fruit & Veggies

**Tuesday-** Pizza, Caesar Salad, Asst. Fruit &  
Veggies

**Wednesday-** Baked Potato Bar, Broccoli,  
Banana Bread Squares, Asst. Fruit & Veggies

**Thursday-** Macaroni & Cheese, Ham, Dinner  
Roll, Asst. Fruit & Veggies

**Friday-** Chicken Tenders, Brown Rice,  
Pumpkin Cake, Asst. Fruit & Veggies

## CALENDAR OF EVENTS

10/6-K-2 Corn Maze

10/12-Notch Dental in building

10/16-Harvest Fest

10/22-District Inservice No School

10/23-No School

11/23-11/27-No School

## Fall Sports Season

### 3-5 Soccer

10/3 Richford Jamboree Team 2

9:30/10:30/11:00

10/3 Richford Jamboree Team 1

12:30/1:30/2:00

10/6 4:30 away vs Richford @ RES Team 1  
and 2 Combined

10/8 4:00 away vs Enosburg Boys and Girls

10/10 Time TBD Enosburg Jamboree

### 6-8 soccer

10/3 Richford Jamboree 12:30/1:30/2:00

10/5 4:00 Rich/Berk v Fairfield (Boys) at  
Bakersfield

10/5 5:00 home v Fairfield

10/7 4:00 away v Fairfield

### Cross country

10/7 Time TBD SATEC Invite

### LEAPS K-2 Soccer

10/3 Richford Jamboree

10:00/11:00/12:00/1:00



Our September Bobcats of the Month





# Enosburg Falls Movie Night!

SING-A-LONG!

SNACKS FOR PURCHASE!

**FREE ADMISSION!**

MOVIE GRAB BAGS AND BOOK GIVEAWAY!



THE  
NIGHTMARE  
BEFORE  
CHRISTMAS



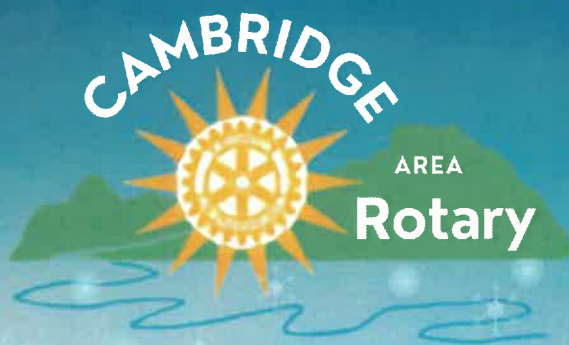
Join Us for an Interactive Halloween Movie Event!

**FRIDAY, OCTOBER 16, 2026 @ 4PM**

Doors Open At 3:30PM

Enosburg Falls Middle High School Auditorium

Movie Rated PG - Any Questions? Contact: [Rachel.Dollar@fnesu.org](mailto:Rachel.Dollar@fnesu.org)



# WINTER SPORTS SALE

**Fri.**  
**Oct. 16<sup>th</sup>**  
6 pm - 8 pm

**Sat.**  
**Oct. 17<sup>th</sup>**  
9 am - 2 pm

**Cambridge Community Center**

**Consignment Instructions at:**  
**RotaryCambridge.org**



Proceeds benefit the CES Winter Wellness program and other Rotary activities.





# Applebee's®

GRILL + BAR

## EFMHS TRAVELERS APPLEBEE'S FUNDRAISER

### Come Eat And Support!

Before you pay for your meal, mention  
EFMHS Travelers with your order at the  
Dorset St Location on October 22 and 15%  
of you order will go to the group. This  
applies to pickup orders from the same  
location!

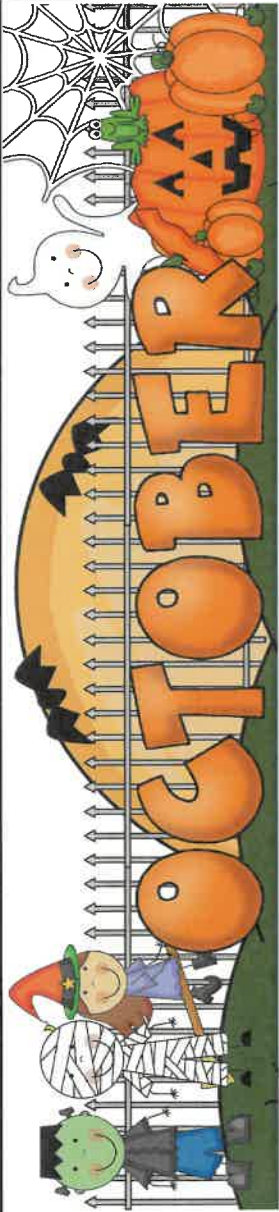
OCTOBER 22 • THURSDAY

11 AM TO 10 PM

155 DORSET ST, BURLINGTON, VT

# FNESU Breakfast Menu

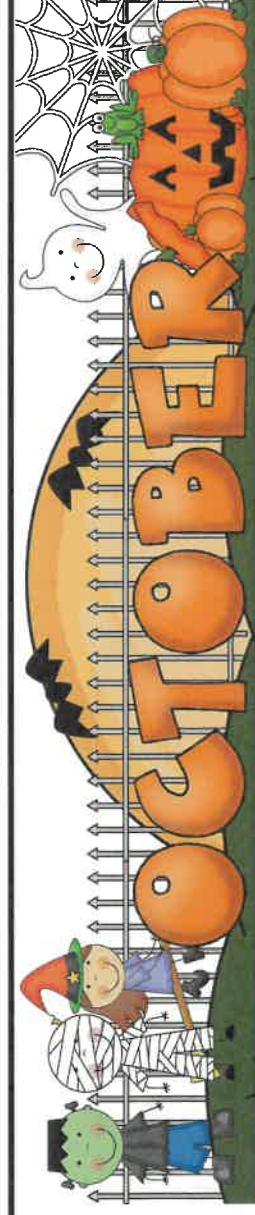
## October 2026

|  |                                                                                        |                                                                    | <b>Meal Prices</b><br>Students Free<br>Adult Breakfast \$4.75<br>Adult Lunch \$5.75<br>Extra Milk or Juice \$0.50<br><br><b>1% White and Fat Free Choc Milk are Served Daily</b> | <b>Alternate Breakfast Served Daily</b><br><b>Cereal</b><br><b>Assorted Fruits</b><br><br><b>All Grains served are... Whole Grain Rich Compliant or Whole Grains</b><br><br><b>All Menus Subject to Change</b> |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday                                                                             | Tuesday                                                                                | Wednesday                                                          | Thursday                                                                                                                                                                         | Friday                                                                                                                                                                                                         |
|                                                                                    |                                                                                        | <b>September 30</b><br>Yogurt<br>Granola<br>Fruit, Juice, and Milk | <b>October 1</b><br>Scrambled Eggs<br>Sausage Links<br>Fruit, Juice, and Milk                                                                                                    | <b>October 2</b><br>Muffin or Fruit Bread<br>Cheese Stick<br>Fruit, Juice, and Milk                                                                                                                            |
| <b>October 5</b><br>Bagel w/ Cream Cheese<br>Yogurt<br>Fruit, Juice, and Milk      | <b>October 6</b><br>Ham, Egg and Cheese on a Croissant<br>Fruit, Juice, and Milk       | <b>October 7</b><br>Yogurt<br>Granola<br>Fruit, Juice, and Milk    | <b>October 8</b><br>Pancakes w/ Maple Syrup<br>Hard Boiled Egg<br>Fruit, Juice, and Milk                                                                                         | <b>October 9</b><br>Muffin or Fruit Bread<br>Cheese Stick<br>Fruit, Juice, and Milk                                                                                                                            |
| <b>October 12</b><br>Bagel w/ Cream Cheese<br>Yogurt<br>Fruit, Juice, and Milk     | <b>October 13</b><br>Sausage, Egg, Cheese Breakfast Sandwich<br>Fruit, Juice, and Milk | <b>October 14</b><br>Yogurt<br>Granola<br>Fruit, Juice, and Milk   | <b>October 15</b><br>Waffle Sticks w/ Maple Syrup<br>Hard Boiled Egg<br>Fruit, Juice, and Milk                                                                                   | <b>October 16</b><br>Muffin or Fruit Bread<br>Cheese Stick<br>Fruit, Juice, and Milk                                                                                                                           |
| <b>October 19</b><br>Bagel w/ Cream Cheese<br>Yogurt<br>Fruit, Juice, and Milk     | <b>October 20</b><br>Ham, Egg and Cheese on a Croissant<br>Asst Fruit, Juice, and Milk | <b>October 21</b><br>Yogurt<br>Granola<br>Fruit, Juice, and Milk   | <b>October 22</b><br><b>No School</b>                                                                                                                                            | <b>October 23</b><br><b>No School</b>                                                                                                                                                                          |
| <b>October 26</b><br>Bagel w/ Cream Cheese<br>Yogurt<br>Fruit, Juice, and Milk     | <b>October 27</b><br>Sausage, Egg, Cheese Breakfast Sandwich<br>Fruit, Juice, and Milk | <b>October 28</b><br>Yogurt<br>Granola<br>Fruit, Juice, and Milk   | <b>October 29</b><br>Scrambled Eggs<br>Sausage Links<br>Fruit, Juice, and Milk                                                                                                   | <b>October 30</b><br>Muffin or Fruit Bread<br>Cheese Stick<br>Fruit, Juice, and Milk                                                                                                                           |

“This institution is an equal opportunity provider.”

# FNESU Lunch Menu

## October 2026



| <b>Monday</b>                                                                                                                                                                                                      |  | <b>Tuesday</b>                                                                                                                                                                                                                      | <b>Wednesday</b>                                                                                                                                                                                                                                        | <b>Thursday</b>                                                                                                                                                                                                                                                                                                                                                     | <b>Friday</b>                                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>October 5</b><br>Chicken & Biscuits<br>Green Peas<br>Mixed Green Salad<br>Asst Fruits & Veggies                                                                                                                 |  | <b>October 6</b><br>Pizza<br>Caesar Salad<br>Baked Beans<br>Asst Fruits & Veggies                                                                                                                                                   | <b>September 30</b><br>Nachos With Meat & Cheese<br>Brown Rice<br>Refried Beans<br>Mexicali Corn, Pico de gallo<br>Asst Fruits & Veggies<br><br><b>October 7</b><br>Meatloaf<br>Mashed Potatoes<br>Cole Slaw<br>WG Dinner Roll<br>Asst Fruits & Veggies | <b>October 1</b><br>Chicken Parmesan<br>WG Penne Pasta W/ Red Sauce<br>Roasted Zucchini<br>Mixed Green Salad<br>Asst Fruits & Veggies<br><br><b>October 8</b><br>WG Ravioli w/ Marinara<br>Roasted Carrots<br>Mixed Green Salad<br>Asst Fruits & Veggies<br><br><b>October 9</b><br>Grilled Ham and Cheese<br>Tomato Soup<br>Carrot Sticks<br>Asst Fruits & Veggies | <b>October 2</b><br>Breakfast for Lunch<br>WG Waffle w/ VT Maple Syrup<br>Sausage Patty, Homefries<br>Yogurt<br>Asst Fruits & Veggies<br><br><b>October 16</b><br>Crispy Chicken Tender<br>Brown Rice<br>Tomato, Cucumber, Carrots<br>Asst Fruits & Veggies<br>October Celebrations:<br>Pumpkin Cake |
| <b>October 12</b><br>Tacos with Cheese<br>Brown Rice<br>Refried Beans<br>Corn<br>Asst Fruits & Veggies                                                                                                             |  | <b>October 13</b><br>BBQ Chicken Sandwich on a WG Bun<br>Roasted Sweet Potato Fries<br>Coleslaw<br>Asst Fruits & Veggies                                                                                                            | <b>October 14</b><br>Baked Potato Bar<br>Ham and Cheese<br>Broccoli<br>Banana Bread Squares<br>Asst Fruits & Veggies                                                                                                                                    | <b>October 15</b><br>Macaroni and Cheese<br>Ham Slice<br>Roasted Carrots<br>Garden Salad<br>WG Dinner Roll<br>Asst Fruits & Veggies<br><br><b>October 22</b><br>No School                                                                                                                                                                                           | <b>October 23</b><br>No School                                                                                                                                                                                                                                                                       |
| <b>October 19</b><br>Meatball Sub on a WG Bun<br>Carrots<br>Baked Beans<br>Asst Fruits & Veggies<br><br><b>October 26</b><br>Hamburger/Cheeseburger on a WG Bun<br>Oven Fries<br>Coleslaw<br>Asst Fruits & Veggies |  | <b>October 20</b><br>Chicken and Cheese Quesadillas<br>Corn<br>Pasta Salad<br>Asst Fruits & Veggies<br><br><b>October 27</b><br>Italian Dunkers<br>Marinara Dipping Sauce<br>Broccoli<br>Mixed Green Salad<br>Asst Fruits & Veggies | <b>October 21</b><br>Teriyaki Chicken<br>Brown Rice<br>Stir Fry Veggies<br>Asst Fruits & Veggies<br><br><b>October 28</b><br>Chicken Taco<br>Brown Rice<br>Refried Beans, Corn<br>Mixed Green Salad<br>Asst Fruits & Veggies                            | <b>October 29</b><br>Goulash<br>Garlic Bread<br>Roasted Carrots & Zucchini<br>Tossed Salad<br>Asst Fruits & Veggies<br><br><b>October 30</b><br>Shepherd's Pie<br>with Mashed Potato<br>WG Dinner Roll<br>Green Beans<br>Asst Fruits & Veggies                                                                                                                      | <b>October 16</b><br>All Grains served are...<br>Whole Grain Rich Compliant or<br>Whole Grains (WG)<br><br><b>October Celebrations</b><br><b>October 16</b>                                                                                                                                          |
| <b>Meal Prices</b><br>Students Free<br>Adult Breakfast \$4.75<br>Adult Lunch \$5.75<br>Extra Milk or Juice \$0.50<br><br>All Menus Subject to Change<br><br>1% White and Fat Free Choc Milk<br>are Served Daily    |  |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                      |

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