



Vergennes Union High School AUGUST/ SEPTEMBER LUNCH MEAL MENU



Captains Plate Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRICES Paid Breakfast - \$1.85 Paid Lunch - \$3.00 Adult Breakfast \$2.50 Adult Lunch - \$5.00	All meals are FREE for students eligible for both Free & Reduced Meals Call us anytime for more information 877-2938	30 WELCOME BACK! Macaroni & Cabot Cheese Steamed Broccoli Baked Beans Homemade Roll	31 Crispy Chicken Breast Creamy Coleslaw Sweet Potato Fries Tender Sweet Peas Corn Bread	1 Stir Fry Friday w/Beef, Chicken or Tofu Choose your own fresh veggies Rice or Noodles
4 NO SCHOOL LABOR DAY	5 Sloppy Joes or Sloppy Lentils on Whole Wheat Bun Roasted Green Beans Black Bean and Corn Salad	6 Honey Lemon Chicken Brown Rice Pilaf Steamed Broccoli Homemade Roll	7 Fish & Chips Breaded Fish Filet w/ Roasted PotatoWedges Roasted Carrots Biscuits	8 Ground Beef Stroganoff Buttery Egg Noodles Sweet Potato Half Roasted Zucchini Dinner Roll
11 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	12 BREAKFAST FOR LUNCH Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Roasted Potatoes	13 Shepherd's Pie w/ Seasonal Vegetables Mashed Potatoes Steamed Broccoli WW Dinner Roll	14 Pulled Pork Whole Wheat Bun Coleslaw Corn on the Cob Baked Beans	15 Stir Fry Friday w/Pork,Chicken or Tofu Fresh Veggies Rice or Sesame Noodles
18 Grilled Cheese Selection Hearty Tomato Tortellini Soup Fall Veggie Slaw Baked Beans	19 Goulash Meaty or Roasted Veggie Homemade Whole Wheat Dinner Roll Green Beans	20 Crispy Chicken Tenders Herb Roasted Potatoes Tomato Cucumber Salad Cornbread	21 Chicken Fajita w/ Peppers & Onions Whole Wheat Tortilla Seasoned Rice and Beans Corn	22 Homemade Harvey Smith Beef Meatloaf Roasted Zucchini Mashed Potato Biscuit
25 Bean Enchiladas on WW Tortillas Corn Lime Cilantro Coleslaw Salsa and Sour Cream	26 Misty Knoll Chicken Drumsticks w/ BBQ Sauce Bake Beans Mashed Potato	27 Chicken & Biscuits w/ Seasonal Veggies Buttery Green Beans Roasted Cauliflower	28 Open Faced Hot Turkey Sandwich Whole Grain Bread Mashed Potatoes Roasted Carrots Sweet and Sour	29 Stir Fry Friday w/Beef, Chicken or Tofu Fresh Veggies Rice or Peanut Noodles

On Deck Meal Special

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Baked Potato Bar or Burger Bar ALTERNATE MONDAYS Baked Potato w/ a dinner roll and Toppings or Burgers with Toppings	Taco Tuesday Soft and Hard Tacos Mexican Beef, Beans, Cheese, Salsa, Sour Cream and Guacamole Mexican Rice Refried Beans	Pizza DAY Assorted Fresh Pizzas Caesar Salad	Pasta Bar Pasta with a choice of homemade sauces Parmesan Cheese Garlic Bread Spinach Salad	Hot Sub of the Day or Make Your Own Deli Day ALTERNATE FRIDAYS Green Salad

Galley Grab and Go MEAL– For when you just can't wait

Sandwiches, Specialty Salads, Yogurt Parfaits offered EVERY DAY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Karen Takeda, Chef Manager **Carmen Jochum, Manager ** Lisa Lawrence Jamie Bryant
PREPARING FRESH, HEALTHY MEALS EVERY DAY SO STUDENTS LEARN AND SUCCEED**