

PRICES

Paid Breakfast - \$1.85

Paid Lunch \$2.85

Reduced Breakfast and Lunch - FREE

Milk w/o a meal - \$.65

Adult Breakfast \$2.50 Adult Lunch \$5.00

OCTOBER 2017

Vergennes Elementary School



Lisa Sprague, Manager
Tricia Comeau
Lissa Gebo

Monday

PIZZA DAY **2**
Cheese, Pepperoni or Veggie Pizza
Caesar Salad with Romaine
Fruit Selection
Milk

Rotini Pasta w/ Cheese Sauce or Marinara **9**
Roasted Green Beans
Garlic Bread
Cottage Cheese
Fruit Selection
Milk

Cheesy Breadsticks w/ Marinara Sauce **16**
Roasted Cauliflower
Fruit Selection
Milk

Grilled Cheese Sandwich **23**
Tomato Tortellini Soup
Three Bean Salad
Fruit Selection
Milk

PIZZA DAY **30**
Cheese, Pepperoni or Veggie Pizza
Caesar Salad with Romaine
Fruit Selection
Milk

Tuesday

HALF DAY **3**
Bag Lunches Served
Ham & Cheese Sandwich
With Lettuce and Tomato
Carrot and Celery Sticks with Dip
Fruit Selection
Milk

Beef or Bean Burritos with Cheese **10**
on Whole Wheat Tortilla
Roasted Zucchini and Corn
Brown Rice
Fresh Salsa
Fruit Selection
Milk

Chicken Tenders w/ BBQ Sauce **17**
Roasted Cauliflower
Baked Beans
Corn Muffin
Fruit Selection
Milk

Spaghetti with Meat Balls and Marinara Sauce **24**
Steamed Broccoli
Garlic Bread
Fruit Selection
Milk

GHOOOOLASH (Macaroni w/ Meaty Tomato Sauce) **31**
Petrified Peas
Scarrot Salad
Freaky Fruit Salad
Myummy Milk
HAPPY HALLOWEEN!

Wednesday

Macaroni and Cheese **4**
Honey Glazed Carrots
Broccoli
Fruit Selection
Milk

Roasted Pork with Apples **11**
Mashed Potatoes
Steamed Broccoli
Dinner Roll
Fruit Selection
Milk

Breakfast for Lunch **18**
Cheesy Scrambled Eggs
Sausage
French Toast Sticks
Steamed Broccoli
Fruit Selection
Milk

Chicken and Biscuits with Seasonal Veggies **25**
Roasted Green Beans
Fruit Selection
Milk

Thursday

Honey Lemon Chicken **5**
Mashed Potatoes
Baked Beans
Whole Grain Biscuit
Fruit Selection
Milk

Barbeque Chicken on a Whole Wheat Bun **12**
Butternut Squash
Sweet Peas
Fruit Selection
Milk

NO SCHOOL **19**

Hamburger, Cheeseburger Or Veggie Burger **26**
On Whole Wheat Bun
Sweet Potato Fries
Fruit Selection
Milk

Friday

Vegetable Barley Soup **6**
Cheese Quesadillas
Salsa and Sour Cream
Buttery Corn
Fruit Selection
Milk

Baked Potato Bar **13**
Ham, Broccoli, Cheddar
Carrot Sticks
Sour Cream
Blueberry Muffin
Fruit Selection
Milk

NO SCHOOL **20**

Broccoli Cheddar Soup **27**
Turkey and Cheese Wrap
Veggie Sticks with Dip
Fruit Selection
Milk

Lots of great food is coming from the VUES Garden this Fall!

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.



This institution is an equal opportunity provider.