



Vergennes Union High School
OCTOBER
LUNCH MEAL MENU



Captains Plate Meal
w/ Daily Veggie & Fruit Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken or Tofu Curry w/ coconut Brown Rice Roasted Cauliflower Steamed Green Beans	3 Early Release Grab & Go Sandwich Variety in brown bag Come and Get IT !!!	4 Mexican Lasagna Spanish Rice Cornbread Sweet Corn Mexican Black Beans with Cilantro	5 Roasted Pork Loin w/ Apples WW Dinner Roll Mashed Potatoes Steamed Broccoli	6 Baked Fish Filet w/ Creamy Dill Sauce Rice Pilaf Broccoli
9 Creamy Macaroni & Cheese WW Dinner Roll Sweet Potato Souffle Tender Peas	10 Chicken Cacciatore Or Tofu Cacciatore w/ peppers, onion, & tomatoes Whole Grain Pasta Garlic Roasted Green Beans	11 Crispy Chicken Tenders w/ BBQ Sauce Honey Glazed Carrots Baked Beans Cheesy Cornbread	12 Ground Beef Stroganoff Buttery Egg Noodles Sweet Potato Half	13 Stir Fry Friday w/Beef, Chicken or Tofu Choose your own fresh veggies Rice or Noodles
16 Butternut Squash Gratin Pasta Green Peas Tomato Cucumber Salad	17 Sloppy Joe or Sloppy Lentil Joe On Whole Wheat Bun Roasted Green Beans Black Bean & Corn Salad	18 Honey Lemon Chicken Brown Rice Pilaf Steamed Broccoli Homemade Dinner Roll	19 No School	20 No School
23 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread	24 Breakfast for Lunch Cheesy Scrambled Eggs Waffle Sticks Sausage Links VT Maple Syrup Homefries	25 Shepherd's Pie w/Mashed Potato Butter Brussel Sprouts WW Dinner Roll	26 BBQ Pulled Pork Whole Wheat Bun Coleslaw Corn Baked Beans	27 General Taos Chicken Fried Brown Rice Stir Fry Carrot and Cabbage Crispy Egg Roll Fortune Cookie
30 Grilled Cheese Selection Cream of Tomato Soup Fall Veggie Slaw Baked Beans	31 Goblin Chicken Chili or Veggie Chili w/ Cheese Boney Bread Sticks Scarrot Souffle		All meals are FREE for students eligible for both Free & Reduced Meals Call us anytime for more information 877-2938	PRICES Paid Breakfast - \$1.85 Paid Lunch - \$3.00 Adult Breakfast \$2.50 Adult Lunch - \$5.00

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 & 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