



Vergennes Union High School  
**NOVEMBER**  
**LUNCH MEAL MENU**



**Captains Plate Meal**  
**with Daily Veggie and Fruit Bar**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are <b>FREE</b> for students eligible for both Free & Reduced Meals _____ <b>Call us anytime for more information 877-2938</b>	<b>PRICES</b> Paid Breakfast - \$1.85 Paid Lunch - \$3.00 Adult Breakfast \$2.50 Adult Lunch - \$5.00	1 <b>Meaty Goulash or Veggie Goulash</b> Green Beans Whole Wheat Dinner Roll	2 <b>Crispy Chicken</b> Herb Roasted Potatoes Honey Glazed Carrots Cornbread	3 <b>No School</b>
6 <b>Bean &amp; Cheese Enchiladas on Whole Wheat Tortilla</b> Roasted Corn Southwest Slaw Salsa and Sour Cream	7 <b>Misty Knoll Chicken Drumsticks</b> with BBQ Sauce Baked Beans Roasted Potatoes	8 <b>Early Release Day</b> Come and grab a bag lunch before you go!	9 <b>Philly Cheese Steak</b> Peppers and Onions Whole Wheat Bun Sweet Potato Wedges	10 <b>Stir Fry Friday</b> with Chicken or Tofu Fresh Veggies Rice or Noodles
13 <b>BBQ Portobello Quesadilla</b> Red Beans and Rice Zucchini	14 <b>Lemon Pepper Chicken</b> Wild Rice Pilaf Herb Roasted Carrots Whole Wheat Dinner Roll	15 <b>Shepherd's Pie or Veggie Shepherd's Pie with Mashed Potatoes</b> Steamed Broccoli Corn Bread	16 <b>Holiday Harvest Meal</b> Roast Turkey w/Gravy Stuffing Roasted Root Veggies Maple Rstd. Brussels Sprouts Dinner Roll ** Apple Crisp	17 <b>Chicken and Biscuits</b> with Seasonal Vegetables Buttery Green Beans Roasted Cauliflower
20 <b>Creamy Pasta Primavera with Fresh Veggies</b> Lemon Zest Broccoli Garlic bread	21 <b>Tandoori Style Chicken</b> Basmati Rice w/ Chick Peas Ginger Carrots Sauteed Zucchini	22 <b>No School</b>	23 <b>No School</b> <b>Happy Thanksgiving</b>	24 <b>No School</b>
27 <b>Baked Lasagna Rolls</b> Peas and Carrots Mediterranean Chick Pea Salad Cheesy Breadstick	28 <b>Chicken or Tofu Curry with Coconut</b> Brown Rice Pilaf Roasted Cauliflower Steamed Green Beans	29 <b>Beef or Veggie Chili</b> w/Cheese & Sour Cream Sauteed Corn Cheesy Cornbread	30 <b>General Tso's Chicken or Tofu</b> Fried Brown Rice Stir Fried Veggies Crispy Egg Roll Fortune Cookie	

**On Deck Meal Special**

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