



Vergennes Union High School
DECEMBER
LUNCH MEAL MENU



Captains Plate Meal with Daily Veggie and Fruit Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are FREE for students eligible for both Free & Reduced Meals Call us anytime for more information 877-2938	<u>PRICES</u> Paid Breakfast - \$1.85 Paid Lunch - \$3.00 Adult Breakfast \$2.50 Adult Lunch - \$5.00			1 Chicken Cordon Bleu Pasta Bake Sweet Potato Half Broccoli
4 Macaroni & Cabot Cheese Broccoli Harvard Beets Whole Wheat Dinner Roll	5 Honey Lemon Chicken Brown Rice Pilaf Sauteed Greens Butternut Cranberry Bread	6 Baked Ham w/ Pineapple Scalloped Potatoes Zucchini Casserole Whole Grain Biscuit	7 Early Release Day Come and grab a bag lunch before you go!	8 Stir Fry Friday with Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
11 Butternut Squash Gratin with VT Chevre Whole Grain Pasta Buttery Green Peas Whole Grain Dinner Roll	12 LOCAL Beef Sloppy Joe or Sloppy Lentils on Whole Wheat Bun Roasted Brussels Sprouts Sweet Potato Wedges	13 Sweet and Sour Pork or Sweet and Sour Tofu Fried Rice Stir Fried Red Cabbage in Garlic Sauce	14 Chicken Cacciatore or Tofu Cacciatore with Peppers, Onions and Tomatoes Whole Grain Pasta Roasted Green Beans	15 Walden Farm Annual Harvest MEAL Black Bean Burgers Whole Grain Bun XXXXX XXXXXX
18 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Garlic Bread Stick	19 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Homefries	20 Crispy Chicken Herb Roasted Potatoes Maple Delicata Squash Brussels Sprouts Whole Wheat Dinner Roll	21 BBQ Pulled Pork or BBQ Tofu on Whole Wheat Bun Creamy Coleslaw Buttery Corn Maple Baked Beans	22 No School
25 No School	26 No School	27 No School	28 No School	29 No School

On Deck Meal Special

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