



Vergennes Union High School  
**JANUARY 2018**  
**LUNCH MEAL MENU**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NO SCHOOL</b>  <b>HAPPY NEW YEAR!</b>	2 Grilled Cheese Sandwich Cream of Tomato Soup Buttered Peas	3 Crispy Chicken Tenders with BBQ Sauce Honey Glazed Carrots BBQ Baked Beans Cornbread	4 Shepherd's Pie or Veggie Shepherd's Pie with Seasonal Vegetables Mashed Potatoes Brussels Sprouts Whole Wheat Dinner Roll	5 Tandoori Style Chicken or Tofu Basmati Rice with Chick Peas Ginger Carrots
8 Bean Enchiladas on Whole Wheat Tortillas Corn Lime Cilantro Slaw Salsa and Sour Cream	9 BBQ Misty Knoll Chicken Drumsticks Roasted Red Potatoes Broccoli Butternut Cranberry Bread	10 Open Faced Hot Turkey Sandwich Whole Grain Bread Mashed Potatoes w/Gravy Cranberry Sauce Brussels Sprouts	11 Baked Ham with Pineapple Scalloped Potatoes Baked Beans Peas Whole Grain Biscuit	12 Stir Fry Friday Mandarin Orange Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
15 <b>NO SCHOOL</b> <b>MARTIN LUTHER KING</b> <b>DAY</b>	16 Macaroni & Cabot Cheddar Roasted Broccoli Beets Whole Wheat Dinner Roll	17 Crispy Chicken Breast Garlic Mashed Potatoes Honey Glazed Carrots Zucchini Dinner Roll	18 BBQ Portobello Quesadilla Rice with Confetti Veggies Zesty Black Beans Roasted Corn	19 Chicken & Biscuit with Seasonal Vegetables or Tempeh with Veggies Buttery Green Beans Roasted Cauliflower
22 <b>NO SCHOOL</b> <b>IN SERVICE</b>	23 Sloppy Joe or Lentil Joe on Whole Wheat Bun Sauteed Corn Tomato Cucumber Salad BBQ Baked Beans	24 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	25 Chicken Cordon Bleu Pasta Bake Steamed Green Beans Buttery Carrots Whole Wheat Dinner Roll	26 Stir Fry Friday with Chicken or Tofu Stir Fried Veggies Rice or Noodles Veggie Egg Roll
29 Baked Lasagna Rolls Peas and Carrots Bread Stick	30 Chicken or Tofu Curry with Coconut Brown Rice Pilaf Roasted Cauliflower Green Beans	31 Philly Cheesesteak with Peppers and Onions on Whole Wheat Roll Sweet Potato Wedges Red Cabbage Slaw	All meals are <b>FREE</b> for students eligible for both Free & Reduced Meals  <b>Call us anytime for more information 877-2938</b>	

1% White Milk - Chocolate Skim Milk, - White Skim Milk Served with EVERY MEAL

**On Deck Meal Special**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<u>Jan. 8 - Burger Bar</u> Burger variety with toppings  <u>Jan. 2 -Baked Potato Bar</u> Baked Potato with toppings and biscuit	<u>Jan 9,16 and 30</u> Soft and Hard Tacos with Seasoned Beef, Chicken or Beans <u>Jan 2 &amp; 23</u> Cheese Quesadillas Salsa, Sour Cream, Mex. Rice Guacamole, Refried Beans	<u>Pizza Day every Wednesday</u> Assorted Fresh Pizzas Caesar Salad	<u>Pasta Bar every Thursday</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> Jan 5. - Meatball Sub Jan 12 - Deli Bar Jan. 19-Hot Pastrami Sub Jan. 26 - Deli Bar

**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 \*\*Sarah LaRoque\*\*

**PREPARING FRESH, HEALTHY MEALS EVERY DAY SO STUDENTS LEARN AND SUCCEED**