



Vergennes Union High School
FEBRUARY 2018
LUNCH MEAL MENU



Captain's 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 Crispy Chicken Herb Roasted Potatoes Tomato Cucumber Salad Cornbread	2 Homemade Meatloaf Mashed Potatoes Roasted Zucchini Biscuit
Daily "On Deck" Meal Special				
			PASTA BAR	Chicken Sandwich on a Bun
5 Baked Lasagna Roll Lemon Zest Broccoli Honey Glazed Carrots Whole Grain Breadstick	6 Beef & Bean Tamale Pie or Veggie Tamale Pie SW Lentils Brown Rice Roasted Fiesta Corn	7 Early Release Day Come and Grab a bag lunch before you go!	8 Crispy Pork or Tofu Cutlet with Lemon Butter Brown Rice Pilaf Brussels Sprouts Whole Wheat Dinner Roll	9 Stir Fry Friday Mandarin Orange Chicken or Tofu Fresh Stir-Fried Veggies Rice or Noodles
Daily "On Deck" Meal Special				
BURGER DAY	TACO BAR		PASTA BAR	Make Your Own DELI DAY
12 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Roasted Carrots Garlic Bread	13 Breakfast for Lunch Cheesy Scrambled Eggs Sausage Links Pancakes VT Maple Syrup Hash Browns Buttery Peas	14 <u>Everyone ♥s Pizza</u> Favorite Pizza options on both serving lines Buffalo Chicken Ranch Pepperoni - Veggie And MORE Italian Bean Salad Caesar Salad	15 Cumin Spiced Pork or Greek Falafel with Pita & Tzatziki Sauce Medit. Quinoa Salad Corn and Black Bean Salad Sweet Potato Wedges	16 Fish and Chips Breaded Fish Filet Roasted Potato Wedges Roasted Green Beans Biscuits Tartare Sauce
Daily "On Deck" Meal Special				
BAKED POTATO BAR	QUESADILLAS	PIZZA Caesar Salad	TACO BAR	MEATBALL SUB
19 Winter Recess	20 Winter Recess	21 Winter Recess	22 Winter Recess	23 Winter Recess
26 Grilled Cheese Selection Cream of Tomato Soup Baked Beans Sweet Potato Waffle Fries	27 Chicken or Tofu Cacciatore w/Peppers, Onions & Tomatoes Pasta Corn Roasted Green Beans	28 Swedish Style Meatballs Buttery Egg Noodles Lemony Broccoli Zucchini Casserole Whole Wheat Dinner Roll		THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER
Daily "On Deck" Meal Special				
BURGER BAR	TACO BAR	CALZONE Caesar Salad		

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

Salad Bar Served EVERY DAY

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