



Vergennes Union High School  
**MARCH 2018**  
**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>Lemongrass Chicken or Tofu</b> Brown Rice Steamed Green Beans Egg Roll	2 <b>Roast Turkey Dinner</b> Mashed Potatoes with Gravy Peas and Carrots Cranberry Sauce Whole Wheat Dinner Roll
5 <b>Baked Ziti</b> Sweet Potato Souffle Broccoli Garlic Breadstick	6 <b>Crispy Chicken</b> Mashed Red Potatoes Honey Glazed Carrots Roasted Zucchini Whole Wheat Dinner Roll	7 <b>Beef and Bean Chili or Veggie Black Bean Chili</b> with Cheese, Sour Cream Corn Roasted Cauliflower Corn Muffin	8 <b>BBQ Pulled Pork or BBQ Tofu</b> on Whole Wheat Bun Baked Beans Sweet Potato Fries Creamy Coleslaw	9 <b>NO SCHOOL</b>  <b>Parent Teacher Conferences</b>
12 <b>Eggplant Parmesan</b> Penne Pasta Lemon Zest Broccoli Roasted Carrots Garlic Bread	13 <b>Breakfast for Lunch</b> Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Hash Browns	14 <b>Shepherd's Pie or Veggie Shepherd's Pie</b> with Seasonal Vegetables Mashed Potatoes Roasted Brussels Sprouts Whole Wheat Dinner Roll	15 <b>Chicken and Biscuit with Seasonal Vegetables</b> Buttered Peas Butternut Squash	16 <b>Corned Beef &amp; Cabbage</b> Red Potatoes Carrots  Whole Wheat Dinner Roll
19 <b>Macaroni &amp; Cabot Cheese</b> Broccoli Tomato Cucumber Salad Whole Wheat Dinner Roll	20 <b>BBQ Misty Knoll Chicken Drumsticks</b> BBQ Baked Beans Roasted Red Potatoes Sauteed Greens Cornbread	21 <b>Chicken Cordon Bleu Pasta Bake</b> Steamed Green Beans Buttery Carrots Breadstick	22 <b>Baked Ham with Pineapple</b> Scalloped Potatoes Green Peas Carrot Raisin Salad Whole Wheat Biscuit	23 <b>Stir Fry Friday</b> General Tso's Chicken or Tofu Stir Fried Cabbage & Carrots Brown Rice or Noodles Fortune Cookie
26 <b>Grilled Cheese Selection</b> Cream of Tomato Soup Baked Beans Roasted Carrot and Parsnip Fries	27 <b>Chicken Tenders or Crispy Tofu</b> Mashed Potatoes Butternut Squash Roasted Brussels Sprouts	28 <b>Philly Cheesesteak with Peppers and Onions</b> on Whole Wheat Roll Sweet Potato Fries Roasted Green Beans Red Cabbage Slaw	29 <b>Early Release Day</b> Come and grab a bag lunch before you go!	30 <b>NO SCHOOL In-service Day</b>

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

**On Deck Meal Special**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>Baked Potato Bar or Burger Bar</b> <b>ALTERNATE MONDAYS</b> Baked Potato with toppings and a dinner roll or Burgers with toppings	<b>Taco Tuesday</b> Soft or hard tacos with a choice of seasoned beef or beans, cheese, salsa, sour cream, guacamole Mexican Rice Refried Beans	<b>Pizza Day every Wednesday</b> Assorted Fresh Pizzas Caesar Salad	<b>Pasta Bar every Thursday</b> Pasta with a choice of homemade sauces Parmesan Cheese Garlic Bread Spinach Salad	<b>Hot Sub of the Day or Make Your Own Deli Day</b>  <b>ALTERNATE FRIDAYS</b>

**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**