



Vergennes Union High School
APRIL 2018
LUNCH MEAL MENU



Captain's Plate Meal with Daily Veggie and Fruit Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bean and Cheese Enchilada Whole Wheat Tortilla Cilantro Lime Slaw Corn	3 Honey Lemon Chicken Basmati Rice Steamed Broccoli Roasted Carrots	4 Crispy Pork Cutlet or Crispy Tofu with Lemon Butter Egg Noodles Brussels Sprouts Whole Wheat Dinner Roll	5 Meatloaf with Gravy Mashed Potatoes Buttery Peas Steamed Carrots Whole Wheat Biscuit	6 Stir Fry Friday Mandarin Orange Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
9 BBQ Portobello Quesadilla Rice with Confetti Veggies Zesty Black Beans Roasted Corn	10 Breakfast for Lunch Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Hash Browns	11 Cumin Spiced Pork or Greek Falafel with Pita & Tzatziki Sauce Medit. Quinoa salad Red Pepper Hummus Sweet Potato Wedges	12 Teriyaki Chicken or Tofu Brown Rice Steamed Broccoli Gingered Carrots Asian Slaw	13 Fish and Chips Breaded Fish Filet Tartare Sauce Roasted Potato Wedges Roasted Green Beans Whole Grain Biscuit
16 Stuffed Shells with Marinara Lemon Zest Broccoli Roasted Carrots Garlic Bread	17 Early Release Day Come and Grab a bag lunch before you go!	18 Beef and Bean Chili or Veggie Black Bean Chili with Cheese, Sour Cream Corn Roasted Cauliflower Corn Muffin	19 BBQ Pulled Pork or BBQ Tofu on Whole Wheat Bun Baked Beans Sweet Potato Fries Creamy Coleslaw	20 Lemongrass Chicken or Tofu Brown Rice Steamed Green Beans Vegetable Egg Roll
23 -----	24 -----	25 NO SCHOOL SPRING BREAK	26 -----	27 -----
30 Macaroni & Cabot Cheese Broccoli Tomato Cucumber Salad Whole Wheat Dinner Roll	1 Crispy Chicken or Tofu Mashed Red Potatoes Butternut Squash Roasted Zucchini Whole Grain Breadstick	2 Shepherd's Pie or Veggie Shepherd's Pie with Seasonal Vegetables Mashed Potatoes Roasted Brussels Sprouts Whole Wheat Dinner Roll	All meals are FREE for students eligible for both Free & Reduced Meals Call us anytime for more information 877-2938	PRICES Paid Breakfast - \$1.85 Paid Lunch - \$3.00 Adult Breakfast \$2.50 Adult Lunch - \$5.00

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

On Deck Meal Special

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Baked Potato Bar or Burger Bar ALTERNATE MONDAYS Baked Potato with toppings and a dinner roll or Burgers with toppings	Taco Tuesday Sort or hard tacos with a choice of seasoned beef or beans, cheese, salsa, sour cream, guacamole Mexican Rice Refried Beans	Pizza Day every Wednesday Assorted Fresh Pizzas Caesar Salad	Pasta Bar every Thursday Pasta with a choice of homemade sauces Parmesan Cheese Garlic Bread Spinach Salad	Hot Sub of the Day or Make Your Own Deli Day DELI - 4/6 & 4/20 Hot Sub - 4/13 ALTERNATE FRIDAYS

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