



Vergennes Union High School
MAY 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	1 Crispy Chicken or Tofu Mashed Red Potatoes Butternut Squash Roasted Zucchini Whole Grain Breadsticks	2 Shepherd's Pie or Veggie Shepherd's Pie with Seasonal Vegetables Mashed Potatoes Brussels Sprouts Whole Wheat Dinner Roll	3 Chicken & Biscuit with Seasonal Vegetables or Tempeh with Veggies Buttery Green Beans Roasted Cauliflower	4 Stir Fry Friday Mandarin Orange Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles Fortune Cookie
7 Grilled Cheese Selection Cream of Tomato Soup Roasted Red Potatoes BBQ Baked Beans Kale Caesar Salad	8 BBQ Misty Knoll Chicken Drumsticks Macaroni Salad Broccoli Roasted Carrots	9 Chicken Cordon Bleu Pasta Bake Steamed Green Beans Buttery Carrots Breadstick	10 Baked Ham with Pineapple Scalloped Potatoes Green Peas Carrot Raisin Salad Whole Grain Biscuit	11 Swedish Style Meatballs Egg Noodles Steamed Broccoli Creamy Cucumber and Dill Salad Whole Wheat Dinner Roll
14 Baked Ziti Sweet Potato Souffle Broccoli Breadstick	15 Chicken Patty or Spicy Black Bean Burger on Whole Wheat Bun Creamy Coleslaw Carrot and Parsnip Fries	16 Early Release Day Come and Grab a bag lunch before you go!	17 Philly Cheesesteak with Peppers and Onions on Whole Wheat Roll Sweet Potato Wedges Red Cabbage Slaw	18 Lemongrass Chicken or Tofu Stir Fried Veggies Basmati Rice Veggie Egg Roll
21 Eggplant Parmesan Pasta Lemon Zest Broccoli Herb Roasted Carrots Garlic Breadstick	22 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	23 Ground Beef Stroganoff Mashed Potatoes Brussels Sprouts Buttery Carrots Whole Wheat Dinner Roll	24 Teriyaki Chicken or Tofu Veggie Fried Rice Steamed Green Beans Asian Slaw with Red Cabbage	25 Fish and Chips Breaded Fish Filet Tartare Sauce Roasted Potato Wedges Roasted Green Beans Whole Grain Biscuit
28 NO SCHOOL MEMORIAL DAY	29 Crispy Chicken Tenders or Crispy Tofu with BBQ Sauce Honey Glazed Carrots Roasted Green Beans Cornbread	30 Sloppy Joe or Lentil Joe on Whole Wheat Bun Buttered Corn Tomato Cucumber Salad BBQ Baked Beans	31 Open Faced Hot Turkey Sandwich Whole Grain Bread Mashed Potatoes w/Gravy Cranberry Sauce Brussels Sprouts	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 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