



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



**Captain's 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  Call us anytime for more information 877-2938	<b>PRICES</b> Paid Breakfast - \$1.85 Paid Lunch - \$3.00 Adult Breakfast \$2.50 Adult Lunch - \$5.00			<b>1</b> Stir Fry Friday General Tso's Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
<b>4</b> Grilled Cheese Selection Cream of Tomato Soup BBQ Baked Beans Kale Caesar	<b>5</b> Crispy Chicken or Crispy Tofu Mashed Red Potatoes Roasted Carrots Dinner Roll	<b>6</b> Hamburger or Garden Burger Whole Wheat Bun Sweet Potato Wedges Peas	<b>7</b> Pork, Beef or Tofu Stir Fry over Noodles Stir Fried Cabbage and Carrots	<b>8</b> Honey Lemon Chicken or Tofu Brown Rice Pilaf Honey Glazed Carrots Broccoli
<b>11</b> Macaroni & Cabot Cheese Roasted Zucchini Carrot Raisin Salad Cheese Filled Breadstick	<b>12</b> Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	<b>13</b> PIZZA-PALOOZA BBQ Chicken Pepperoni Sausage Cheese Veggie	<b>14</b> Chicken Patty or Spicy Black Bean Burger on Whole Wheat Bun Red Potato Salad Green Beans	<b>15</b> EARLY RELEASE DAY  COME AND GRAB A BAG LUNCH BEFORE YOU GO!
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Eat Well!!! <u>HAVE A HAPPY AND HEALTHY SUMMER</u> ***Stay Active!!!</b>				
<b>25</b> <b>FREE SUMMER MEALS</b> Start Today Vergennes Elementary Parking Lot 12:15 every day until August 10	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</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> Sort 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</b> <b>Make Your Own</b> <b>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**