



**Vergennes Union High School**  
**AUGUST/SEPTEMBER 2018**  
**LUNCH MEAL MENU**



**Captain's Plate Meal with Daily Veggie and Fruit Bar**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are FREE for students eligible for both <b>Free &amp; Reduced Meals</b></p> <p>Call us anytime for more information 877-2938</p>	<p><b>PRICES</b></p> <p>Paid Breakfast - \$1.85            Paid Lunch - \$3.00            Adult Breakfast \$2.50            Adult Lunch - \$5.00            Milk only - \$.65            Extra Entrée - \$1.25 w/meal</p>	<p>29</p> <p><b>WELCOME BACK!</b>            Macaroni &amp; Cabot Cheese            Steamed Broccoli            Baked Beans            Whole Wheat Roll</p>	<p>30</p> <p><b>Crispy Chicken or Tofu</b>            Creamy Coleslaw            Sweet Potato Wedges            Tender Sweet Peas            Cornbread</p>	<p>31</p> <p><b>Stir Fry Friday</b>  <b>General Tso's Chicken or Tofu</b>            Fresh Stir-Fried Veggies            Rice or Noodles</p>
<p>3</p> <p><b>NO SCHOOL</b>  <b>LABOR DAY HOLIDAY</b></p>	<p>4</p> <p><b>Honey Lemon Chicken or Tofu</b>            Brown Rice Pilaf            Honey Glazed Carrots            Green Beans</p>	<p>5</p> <p><b>Sloppy Joes or Sloppy Lentils</b>            on Whole Wheat Bun            Sautéed Zucchini and Summer Squash            Black Bean &amp; Corn Salad</p>	<p>6</p> <p><b>Sweet &amp; Sour Pork or Tofu Noodle Bowl</b>            Stir Fried Cabbage and Carrots            Ginger Cucumber</p>	<p>7</p> <p><b>Crispy Chicken Tenders</b>            Herb Roasted Potatoes            Tomato Cucumber Salad            Corn on the Cob            Whole Wheat Dinner Roll</p>
<p>10</p> <p><b>Bean Enchiladas on Whole Wheat Tortillas</b>            Zesty Rice            Lime Cilantro Slaw            Salsa and Sour Cream</p>	<p>11</p> <p><b>Breakfast for Lunch</b>            Cheesy Scrambled Eggs            French Toast Sticks            Sausage Links            VT Maple Syrup            Hash Browns</p>	<p>12</p> <p><b>Shepherd's Pie or Veggie Shepherd's Pie</b>            with Seasonal Vegetables            Mashed Potatoes            Brussels Sprouts            Whole Wheat Dinner Roll</p>	<p>13</p> <p><b>BBQ Pulled Pork or BBQ Tofu</b>            on Whole Wheat Bun            Creamy Coleslaw            BBQ Baked Beans</p>	<p>14</p> <p><b>Stir Fry Friday</b>  <b>Lemongrass Chicken or Tofu</b>            Fried Brown Rice            Stir-Fried Veggies            Crispy Egg Roll</p>
<p>17</p> <p><b>Eggplant Parmesan</b>            Penne Pasta            Lemon Zest Broccoli            Roasted Carrots            Garlic Bread</p>	<p>18</p> <p><b>Chicken Patty or Spicy Black Bean Burger on Whole Wheat Bun</b>            BBQ Baked Beans            Sweet Potato Wedges</p>	<p>19</p> <p><b>Local Harvey Smith Ground Beef Meatloaf with Gravy</b>            Mashed Potatoes            Peas and Carrots            Whole Wheat Dinner Roll</p>	<p>20</p> <p><b>Teriyaki Chicken or Tofu</b>            Brown Rice            Sautéed Zucchini, Peppers and Onions            Edamame Salad</p>	<p>21</p> <p><b>Fish and Chips</b>            Breaded Fish Fillet            Roasted Potato Wedges            Green Beans            Biscuit</p>
<p>24</p> <p><b>Cheese Stuffed Shells with Marinara</b>            Green Beans            Kale Caesar Salad            Garlic Breadstick</p>	<p>25</p> <p><b>Misty Knoll</b>  <b>BBQ Chicken Drumsticks</b>            BBQ Baked Beans            Roasted Potato Wedges            Carrots            Whole Wheat Dinner Roll</p>	<p>26</p> <p><b>Hamburger, Cheese Burger or Veggie Burger</b>            Whole Wheat Bun            Sweet Potato Wedges            Corn on the Cob</p>	<p>27</p> <p><b>Baked Ham with Pineapple</b>            Scalloped Potatoes            Steamed Broccoli            Butternut Squash            Biscuit</p>	<p>28</p> <p><b>Stir Fry Friday</b>  <b>Mandarin Orange Chicken or Tofu</b>            Fried Brown Rice            Stir Fried Veggies            Crispy Egg Roll</p>

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

**On Deck Meal Special with Daily Veggie and Fruit Bar**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>Baked Potato Bar or Grilled Cheese Sandwich</b>  <b>ALTERNATE MONDAYS</b>            Baked Potato with toppings and dinner roll or            Grilled Cheese with Creamy Tomato Soup</p>	<p><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</p>	<p><b>Pizza Day every Wednesday</b>            Assorted Fresh Pizzas            Caesar Salad</p>	<p><b>Pasta Bar every Thursday</b>            Pasta with a choice of homemade sauces            Parmesan Cheese            Garlic Bread            Spinach Salad</p>	<p><b>Hot Sub of the Day</b></p>

**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 \*\*Patti Barnes\*\*

**PREPARING FRESH, HEALTHY MEALS EVERY DAY SO STUDENTS LEARN AND SUCCEED**