



Vergennes Union High School
NOVEMBER 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	PRICES 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		1 Baked Ham with Pineapple Scalloped Potatoes Steamed Broccoli Butternut Squash Biscuit	2 NO SCHOOL Parent Teacher Conferences
5 BBQ Portobello Quesadilla Brown Rice with Confetti Vegetables Black Beans Roasted Corn	6 Crispy Chicken or Tofu Sweet Potato Wedges Sautéed Zucchini Creamy Coleslaw BBQ Baked Beans Cornbread	7 EARLY RELEASE DAY Come and Grab a bag lunch before you go!	8 Spiced Pork or Greek Falafel with Pita & Tzatziki Medit. Quinoa Hummus Lemon Zest Broccoli	9 Stir Fry Friday General Tso's Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
12 Macaroni & Cabot Cheddar Broccoli Butternut Squash Whole Wheat Dinner Roll	13 Honey Lemon Chicken or Tofu Brown Rice Pilaf Honey Glazed Carrots Sautéed Greens	14 Beef or Veggie Lasagna Broccoli Italian 3 Bean Salad Garlic Bread Sticks	15 Holiday Harvest Meal Roast Turkey w/Gravy Stuffing Roasted Root Veggies Maple Rstd. Brussels Sprouts Dinner Roll ** Apple Crisp	16 Rice Bowl with Sweet & Sour Meatballs or Tofu Stir Fried Cabbage & Carrots Fortune Cookie
19 Holiday Recess No School	20 Holiday Recess No School	21 Holiday Recess No School	22 Happy Thanksgiving! No School	23 Holiday Recess No School
26 Bean Enchiladas on Whole Wheat Tortillas Zesty Rice Lime Cilantro Slaw Salsa and Sour Cream	27 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	28 Chicken Cacciatore or Tofu Cacciatore w/Pep., On., & Tom Pasta Rstd G Beans Breadstick	29 BBQ Pulled Pork or BBQ Tofu on Whole Wheat Bun Creamy Coleslaw Corn BBQ Baked Beans	30 Burger Bar featuring Walden Farm Accompaniments

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 Grilled Cheese Sandwich ALTERNATE MONDAYS Baked Potato with toppings and dinner roll or Grilled Cheese with Creamy Tomato Soup	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

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