



Vergennes Union High School
DECEMBER 2018
LUNCH MEAL MENU



Captain's Plate Meal with Daily Veggie and Fruit Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Butternut Squash Gratin Pasta Buttered Peas Cheesy Breadstick	4) Crispy Chicken or Tofu Sweet Potato Wedges Sauteed Zucchini BBQ Baked Beans Creamy Coleslaw Cornbread	5 Ground Beef Stroganoff Buttery Egg Noodles Harvard Beets Steamed Broccoli Whole Wheat Dinner Roll	6 EARLY RELEASE DAY Come and Grab a bag lunch before you go	7 Stir Fry Friday General Tso's Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
10 Macaroni & Cabot Cheddar Broccoli Butternut Squash Whole Wheat Dinner Roll	11 Honey Lemon Chicken or Tofu Brown Rice Pilaf Honey Glazed Carrots Sauteed Greens	12 Beef or Veggie Lasagna Sauteed Zucchini Buttered Corn Italian 3 Bean Salad Garlic Bread Stick	13 Noodle Bowl with Sweet & Sour Pork or Tofu Stir Fried Cabbage and Carrots Fortune Cookie	14 Chicken and Biscuits with Seasonal Vegetables Buttery Green Beans Roasted Cauliflower
17 Bean Enchiladas on Whole Wheat Tortillas Zesty Rice Lime Cilantro Slaw Salsa and Sour Cream	18 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	19 Beef or Veggie Stew with Seasonal Veggies Rstd Squash Broccoli Biscuit	20 BBQ Pulled Pork or BBQ Tofu on Whole Wheat Bun Creamy Coleslaw Carrot and Parsnip Fries Baked Beans	21 Stir Fry Friday Lemongrass Chicken or Tofu Fried Brown Rice Stir Fried Veggies Crispy Egg Roll
24 Holiday Recess No School	25 Holiday Recess No School	26 Holiday Recess No School	27 Holiday Recess No School	28 Holiday Recess No School
31 Holiday Recess No School	1 Holiday Recess No School	2 Crispy Chicken Patty or Black Bean Burger on Whole Wheat Bun BBQ Baked Beans Creamy Coleslaw Fiesta Corn	3 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% 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