



Vergennes Union High School

JANUARY 2019

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 Free & Reduced Meals</p> <p>Call us anytime for more information 877-2938</p>	<p>PRICES</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>2</p> <p>Crispy Chicken Patty or Black Bean Burger on Whole Wheat Bun BBQ Baked Beans Creamy Coleslaw Fiesta Corn</p>	<p>3</p> <p>Beef or Veggie Stew with Seasonal Veggies Roasted Squash Broccoli Biscuit</p>	<p>4</p> <p>Stir Fry Friday Lemongrass Chicken or Tofu Fried Brown Rice Stir Fried Veggies Crispy Egg Roll</p>
<p>7</p> <p>Cheese Stuffed Shells with Marinara Roasted Green Beans Kale Caesar Salad Garlic Breadstick</p>	<p>8</p> <p>Crispy Chicken or Tofu Sweet Potato Wedges Sautéed Zucchini BBQ Baked Beans Creamy Coleslaw Cornbread</p>	<p>9</p> <p>Ground Beef Stroganoff Buttery Egg Noodles Harvard Beets Steamed Broccoli Whole Wheat Biscuit</p>	<p>10</p> <p>Roast Turkey Dinner Mashed Potatoes w/Gravy Green Peas Cranberry Sauce Whole Wheat Dinner Roll</p>	<p>11</p> <p>Stir Fry Friday General Tso's Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles</p>
<p>14</p> <p>Macaroni & Cabot Cheddar Broccoli Butternut Squash Whole Wheat Dinner Roll</p>	<p>15</p> <p>Honey Lemon Chicken or Tofu Brown Rice Pilaf Honey Glazed Carrots Sautéed Greens</p>	<p>16</p> <p>Beef or Veggie Lasagna Sautéed Zucchini Buttered Corn Italian 3 Bean Salad Garlic Bread Stick</p>	<p>17</p> <p>Chicken Tenders Roasted Potato Wedges Creamy Coleslaw Green Beans BBQ Baked Beans</p>	<p>18</p> <p>Sloppy Joe or Lentil Joe on Whole Wheat Bun Potato Salad Buttered Peas Sweet Potato Wedges</p>
<p>21</p> <p>MLK Jr Holiday No School</p>	<p>22</p> <p>No School</p>	<p>23</p> <p>Pizza-Pa-Looza Pepperoni-Sausage- BBQ Chicken BuffaloChicken- Veggie-Cheese</p>	<p>24</p> <p>Noodle Bowl with Sweet & Sour Pork or Tofu Stir Fried Cabbage and Carrots Fortune Cookie</p>	<p>25</p> <p>Chicken and Biscuits with Seasonal Vegetables Buttery Green Beans Roasted Cauliflower</p>
<p>28</p> <p>Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Roasted Carrots Cheesy Breadstick</p>	<p>29</p> <p>BBQ MK Chicken Baked Beans Sweet Potato Wedges Roasted Cauliflower Whole Wheat Biscuit</p>	<p>30</p> <p>Beef Shepherd's Pie or Veggie Shepherd's Pie with Seasonal Veggies Mashed Potatoes Peas and Carrots Whole Wheat Dinner Roll</p>	<p>31</p> <p>Teriyaki Meatballs or Tofu Brown Rice Bowl Sautéed Zucchini and Snow Peas Edamame Salad</p>	<p>1</p> <p>Fish and Chips Breaded Fish Filet on Whole Wheat Bun Herbed Potato Wedges Roasted Brussels Sprouts Tartar Sauce</p>

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

On Deck Meal Special

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Baked Potato Bar or Grilled Cheese Sandwich ALTERNATE MONDAYS Baked Potato with toppings and dinner roll or Grilled Cheese with Creamy Tomato Soup</p>	<p>Taco Tuesday Sort or hard tacos with a choice of seasoned beef or beans, cheese, salsa, sour cream, guacamole Mexican Rice Refried Beans</p>	<p>Pizza Day every Wednesday Assorted Fresh Pizzas Caesar Salad</p>	<p>Pasta Bar every Thursday Pasta with a choice of homemade sauces Parmesan Cheese Garlic Bread Spinach Salad</p>	<p>Hot Sub of the Day</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, ManagerLisa Lawrence** Jamie Bryant **Patti Barnes****

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