



**Vergennes Union High School**  
**FEBRUARY 2019**  
**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  <b>Call us anytime for more information 877-2938</b>	<u>PRICES</u> 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)			<b>1</b> <b>Fish and Chips</b> Breaded Fish Filet on Whole Wheat Bun Herbed Potato Wedges Roasted Brussels Sprouts Tartar Sauce
<b>4</b> <b>Cheese Stuffed Shells with Marinara</b> Roasted Green Beans Kale Caesar Salad Garlic Breadstick	<b>5</b> <b>EARLY RELEASE DAY</b> <b>Come and Grab a Bag Lunch before you go!</b>	<b>6</b> <b>Ground Beef Stroganoff</b> Buttery Egg Noodles Roasted Carrots Steamed Broccoli Whole Wheat Biscuit	<b>7</b> <b>Roast Turkey Dinner</b> Mashed Potatoes w/Gravy Green Peas Cranberry Sauce Whole Wheat Dinner Roll	<b>8</b> <b>Stir Fry Friday</b> <b>General Tso's Chicken or Tofu</b> Fresh Stir Fried Veggies Rice or Noodles Edamame Salad
<b>11</b> <b>Macaroni &amp; Cabot Cheddar</b> Broccoli Butternut Squash Whole Wheat Dinner Roll	<b>12</b> <b>Chicken or Tofu Curry with Vegetables</b> Brown Rice Pilaf Asian Slaw	<b>13</b> <b>Beef or Veggie Lasagna</b> Buttered Corn Chickpea Salad Garlic Bread Stick	<b>14</b> <b>Crispy Chicken or Tofu</b> Sautéed Zucchini Sweet Potato Wedges BBQ Baked Beans Creamy Coleslaw Cornbread	<b>15</b> <b>Turkey and Biscuits</b> with Seasonal Vegetables Buttery Green Beans Roasted Cauliflower
18 <b>WINTER RECESS</b> <b>No School</b>	19 <b>WINTER RECESS</b> <b>No School</b>	20 <b>WINTER RECESS</b> <b>No School</b>	21 <b>WINTER RECESS</b> <b>No School</b>	22 <b>WINTER RECESS</b> <b>No School</b>
25 <b>Bean Enchiladas</b> on Whole Wheat Tortillas Zesty Rice Corn Lime Cilantro Slaw Salsa and Sour Cream	26 <b>Breakfast for Lunch</b> Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Hash Browns	27 <b>Beef or Vegetable Stew</b> with Seasonal Vegetables Butternut Squash Peas Biscuit	28 <b>BBQ Pulled Pork or BBQ Tofu</b> on Whole Wheat Bun Creamy Coleslaw Carrot and Parsnip Fries BBQ Baked Beans	<b>1</b> <b>Stir Fry Friday</b> <b>Lemon Chicken or Tofu</b> Fried Brown Rice Steamed Broccoli Crispy Egg Roll

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

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