

March is National Nutrition Month
Celebrate with Nutritious School Meals

MARCH 2019
 Vergennes Elementary School

Lisa Sprague, Manager
 Lissa Gebo and Julie Rheame, Assistants

Monday

Tuesday

Wednesday

Thursday

Friday

**THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY**

**Hamburger, Cheeseburger
 Or Veggie Burger** 1
 Baked French Fries
 Roasted Brussel Sprouts
 w/ Maple Balsamic Dressing
 Fruit Selection
 Milk

Cheese Quesadillas 4
 Or
Chicken and Cheese Quesadillas
 Roasted Green Beans
 Brown Rice
 Salsa and Sour Cream
 Fruit Selection
 Milk

Hearty Beef Chili Bowl 5
 Or Veggie Chili
 With Cheddar Cheese
 Cornbread
 Shredded Carrots
 Kale Caesar Salad
 Raisins – Fruit Selection
 Milk

PIZZA DAY 6
 Cheese, Pepperoni, or
 Veggie Pizza
 Snap Peas
 Sweet Corn
 Fruit Selection
 Milk

EARLY RELEASE DAY 7
 Whole Grain Soft Pretzel
 Peanut Butter
 Cheese Stick
 Carrot, Celery & Pepper Sticks with Dip
 Whole Grain Sun Chips
 Apple
 Milk

NO SCHOOL 8
 Parent Conferences

Chicken Tenders with 11
 Sweet and Sassy Dipping Sauce
 Or Crispy Tofu Tenders
 Roasted Parsnip Chips
 Baked Beans
 Blueberry Muffin
 Fruit Selection
 Milk

Cheesy Breadsticks 12
With Marinara Sauce
 Edamame Beans
 Honey Carrot Coins
 Fruit Selection
 Milk

BREAKFAST FOR LUNCH 13
 Yogurt and Fruit Parfait
 Homemade Granola
 Waffle Sticks with Maple Syrup
 Harvest Home Fries
 Cherry Tomatoes
 Milk

Irish Beef Stew 14
with Potato, Peas and Carrot
 Whole Grain Buttery Biscuit
 Corn
 Garlicky Spinach and Swiss Chard
 Fruit Selection
 Pumpkin "Pi"
 Milk

Baked Potato 15
 Cheddar Cheese Sauce
 Diced Ham
 Peas and Corn
 Butternut Cranberry Bread
 Fruit Selection
 Milk

Grilled Cheese 18
 Tomato Soup
 Cucumbers and Carrot Slices
 Goldfish Crackers
 Fruit Selection
 Milk

Teriyaki Meatballs 19
 Brown Rice
 Egg Roll
 Stir Fried Veggies
 Fruit Selection
 Milk

PIZZA DAY 20
 Cheese, Pepperoni, or
 Veggie Pizza
 Buttered Beets
 Steamed Broccoli
 Fruit Selection
 Milk

Scalloped Potatoes 21
And Ham
 Strawberry Spinach Salad
 Garlic Knot
 Fruit Selection
 Milk

Turkey Bacon Cheddar 22
Or Roasted Veggie Wrap
On WW Tortilla
 BBQ Baked Beans
 Carrot Coins with Ranch Dip
 Pretzels
 Fruit Selection
 Milk

Ravioli with Marinara Sauce 25
 Tender Asparagus
 Cottage Cheese
 Tender Peas
 Garlic Knot
 Fruit Selection
 Milk

Nachos w/ Mexican Chicken 26
 Cheese Sauce
 Hip Hopping Beans
 Rice
 Sweet Corn
 Salsa and Sour Cream
 Fruit Selection
 Milk

Ham and Cheese Pocket 27
 Potato Salad
 Steamed Broccoli
 Grape Tomatoes
 Fruit Selection
 Milk

General Tso's Chicken 28
Veggie Lo Mein
 Stir Fried Peppers, Carrots
 and Green Beans
 Fruit Selection
 Milk

NO SCHOOL 29
 Professional Development

Alternative Meal

A daily alternative to the main entrée
 Bagel & Cream Cheese with 4 oz. Yogurt

PRICES

Breakfast - \$1.85
 Paid Lunch Meal \$2.85
 Reduced and Free Lunch – FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00

