



Vergennes Union High School

MARCH 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 style="text-align: center;"><u>PRICES</u></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</p>			<p style="text-align: center;">1</p> <p style="text-align: center;">Stir Fry Friday Lemon Chicken or Tofu Fried Brown Rice Steamed Broccoli Crispy Egg Roll</p>
<p style="text-align: center;">4</p> <p>Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Roasted Carrots Cheesy Breadstick</p>	<p style="text-align: center;">5</p> <p>BBQ MK Chicken Baked Beans Sweet Potato Wedges Roasted Cauliflower Whole Grain Biscuit</p>	<p style="text-align: center;">6</p> <p>Beef Shepherd's Pie or Veggie Shepherd's Pie with Seasonal Veggies Mashed Potatoes Peas and Carrots Whole Grain Dinner Roll</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">EARLY RELEASE DAY</p> <p style="text-align: center;">Come and grab a Bag Lunch before you go!</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">No School Parent Conferences</p>
<p style="text-align: center;">11</p> <p>Creamy Pasta Primavera with Vegetables Green Beans Breadstick</p>	<p style="text-align: center;">12</p> <p>Tandoori Style Chicken or Tofu Basmati Rice Roasted Carrots Cucumber Salad Whole Grain Dinner Roll</p>	<p style="text-align: center;">13</p> <p>Beef Chili or Veggie Chili with Cheddar Cheese, Sour Cream, Corn, Cornbread</p>	<p style="text-align: center;">14</p> <p>Baked Ham with Pineapple Scalloped Potatoes Roasted Brussels Sprouts Butternut Squash Whole Grain Biscuit</p>	<p style="text-align: center;">15</p> <p>Corned Beef and Cabbage Carrots Potatoes Whole Grain Dinner Roll</p>
<p style="text-align: center;">18</p> <p>Cheese Stuffed Shells with Marinara Steamed Broccoli Kale Caesar Salad Garlic Breadstick</p>	<p style="text-align: center;">19</p> <p>Crispy Chicken or Tofu Sweet Potato Wedges Sauteed Zucchini BBQ Baked Beans Creamy Coleslaw Cornbread</p>	<p style="text-align: center;">20</p> <p>Ground Beef Stroganoff Buttery Egg Noodles Harvard Beets Steamed Broccoli Whole Grain Dinner Roll</p>	<p style="text-align: center;">21</p> <p>Roast Turkey Dinner Mashed Potatoes w/Gravy Green Peas Cranberry Sauce Whole Grain Dinner Roll</p>	<p style="text-align: center;">22</p> <p>Stir Fry Friday General Tso's Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles Edamame Salad</p>
<p style="text-align: center;">25</p> <p>Macaroni & Cabot Cheddar Broccoli Butternut Squash Whole Wheat Dinner Roll</p>	<p style="text-align: center;">26</p> <p>Teriyaki Chicken Brown Rice Pilaf Honey Glazed Carrots Sauteed Greens</p>	<p style="text-align: center;">27</p> <p>Beef or Veggie Lasagna Roasted Zucchini Buttery Corn Cucumber Tomato Salad Garlic Bread Stick</p>	<p style="text-align: center;">28</p> <p>Noodle Bowl with Sweet & Sour Pork or Tofu Stir Fried Cabbage and Carrots Edamame Salad</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">IN-SERVICE DAY NO SCHOOL</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 <u>ALTERNATE MONDAYS</u> Baked Potato with toppings and dinner roll or Grilled Cheese with Creamy Tomato Soup</p>	<p style="text-align: center;">Taco Tuesday</p> <p>Sort or hard tacos with a choice of seasoned beef or beans, cheese, salsa, sour cream, guacamole Mexican Rice Refried Beans</p>	<p style="text-align: center;"><u>Pizza Day every Wednesday</u></p> <p>Assorted Fresh Pizzas Caesar Salad</p>	<p style="text-align: center;"><u>Pasta Bar every Thursday</u></p> <p>Pasta with a choice of homemade sauces Parmesan Cheese Garlic Bread Spinach Salad</p>	<p style="text-align: center;">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