



Vergennes Union High School
APRIL 2019
LUNCH MEAL MENU



Captain's Plate Meal with Daily Veggie and Fruit Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bean Enchiladas on Whole Wheat Tortillas Zesty Rice Buttery Corn Lime Cilantro Slaw Salsa and Sour Cream	2 Breakfast for Lunch Cheesy Scrambled Eggs Sausage Links FT/Waffle Sticks VT Maple Syrup Hash Browns	3 Chicken Cordon Bleu or Broccoli and Cheese Pasta Bake Italian 3 Bean Salad Herbed Carrots Cheesy Bread Stick	4 Smith Family Farm Meatloaf Mashed Potatoes w/Gravy Buttered Peas Whole Grain Dinner Roll Crunchy Broccoli Salad	5 Stir Fry Friday Mandarin Orange Chicken or Tofu Fried Brown Rice Stir Fried Veggies Crispy Egg Roll
8 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Roasted Carrots Cheesy Bread Stick	9 BBQ Misty Knoll Chicken Baked Beans Sweet Potato Wedges Roasted Cauliflower Whole Grain Biscuit	10 EARLY RELEASE Come and Grab a Bag Lunch before you go!	11 Pineapple Chicken or Tofu Brown Rice Bowl Steamed Green Beans Edamame Salad	12 Fish and Chips Breaded Fish Fillet Herbed Potato Wedges Asparagus Whole Grain Dinner Roll
15 Cheese Stuffed Shells with Marinara Green Beans Kale Caesar Salad Garlic Breadstick	16 Tandoori Style Chicken or Tofu Basmati Rice Honey Glazed Carrots Cucumber Salad Whole Grain Dinner Roll	17 Hamburger or Veggie Burger on Bun Cheese, Lettuce, Tomato, Sautéed Onions Sautéed Mushrooms Herbed Potato Wedges	18 Baked Ham with Pineapple Scalloped Potatoes Carrot Soufflé Broccoli Slaw Whole Grain Biscuit	19 Stir Fry Friday General Tso's Chicken or Tofu Fried Brown Rice Fresh Stir Fried Veggies Crispy Egg Roll)
22 SPRING BREAK NO SCHOOL	23 SPRING BREAK NO SCHOOL	24 SPRING BREAK NO SCHOOL	25 SPRING BREAK NO SCHOOL	26 SPRING BREAK NO SCHOOL
29 Creamy Pasta Primavera with Vegetables Green Beans Kale Salad with Cranberries Whole Grain Biscuit	30 Crispy Chicken or Tofu Sweet Potato Wedges Sautéed Zucchini BBB Baked Beans Creamy Coleslaw Cornbread	1 Chicken Tetrazzini or Tofu Tetrazzini Buttery Egg Noodles Steamed Broccoli Roasted Carrots Breadstick	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 \$1.25w/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