



Vergennes Union High School
MAY 2019
LUNCH MEAL MENU



Captain's Plate Meal with Daily Veggie and Fruit Bar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Swedish Meatballs or Tofu with Gravy Buttery Egg Noodles Steamed Broccoli Roasted Carrots Breadstick	2 Open Face Hot Turkey Sandwich on Whole Wheat Bread Mashed Potatoes w/Gravy Green Peas	3 Stir Fry Friday Mandarin Orange Chicken or Tofu Fresh Stir Fried Veggies Rice or Noodles
6 Creamy Pasta Primavera with Vegetables Green Beans Kale Salad with Cranberries Whole Grain Dinner Roll	7 EARLY RELEASE DAY Come and Grab a Bag Lunch before you go!	8) Big Daddy's Pizza Pa-Looza Pepperoni, Sausage, BBQ Chicken, Veggie Cheese	9 Sweet & Sour Pork or Tofu Rice or Noodles Stir Fried Cabbage & Carrots Edamame Salad	10 Chicken Tenders BBQ Baked Beans Corn Roasted Cauliflower Whole Grain Biscuit
13 Bean Enchiladas on Whole Wheat Tortillas Zesty Rice Buttery Corn Lime Cilantro Slaw Salsa and Sour Cream	14 Breakfast for Lunch Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Hash Browns	15 Big Daddy's Pizza Pa-Looza Pepperoni, Meat Lovers, Buffalo Chicken Veggie Cheese	16 Smith Family Farm Meatloaf Mashed Potatoes w/Gravy Buttery Peas ** Baked Beans Crunchy Broccoli Salad Whole Grain Dinner Roll	17 Stir Fry Friday General Tso's Chicken or Tofu Fried Brown Rice Stir Fried Veggies Crispy Egg Roll
20 Chix Cordon Bleu or Broccoli Cheese Pasta Bake Carrot Souffle Italian 3 Bean Salad Cheesy Bread Stick	21 BBQ Misty Knoll Chicken or BBQ Tofu Baked Beans Sweet Potato Wedges Roasted Cauliflower Whole Grain Biscuit	22 Big Daddy's Pizza Pa-Looza Pepperoni, Hawaiian BBQ Chicken Veggie Cheese	23 Teriyaki Meatballs or Tofu Rice or Noodles Steamed Green Beans Edamame Salad	24 Hamburger or Veggie Burger on Bun Cheese, Lettuce, Tomato, Sautéed Onions Sautéed Mushrooms Herbed Potato Wedges
27 MEMORIAL DAY HOLIDAY No School	28 Herb Roasted Chicken Thighs or Tofu German Potato Salad Roasted Carrots Kale Salad Whole Grain Dinner Roll	29 Big Daddy's Pizza Pa-Looza Pepperoni, Sausage Buffalo Chicken Veggie Cheese	30 Baked Ham with Pineapple Scalloped Potatoes Steamed Broccoli Butternut Squash Whole Grain Biscuit	31 Chicken Patty or Black Bean Burger on Whole Grain Bun Creamy Coleslaw BBQ Baked Beans French Fries

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 Soft 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