




Vergennes Union High School
JUNE 2019
LUNCH MENU



Captain's Plate Meal with Daily Veggie and Fruit Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Stuffed Shells with Marinara Green Beans Roasted Carrots Kale Caesar Salad Garlic Breadsticks	4 Chicken Tenders or Falafel with Tzatziki Sweet Potato Wedges Broccoli Creamy Coleslaw Cornbread	5 PIZZA-PA-LOOZA Pepperoni Sausage Hawaiian Cheese Veggie	6 Hamburger or Veggie Burger on Bun Cheese, Lettuce, Tomato Potato Salad Peas BBQ Baked Beans	7 Meatball Sub or Roasted Veggie Sub with Marinara Buttered Corn Potato Wedges
10 Macaroni & Cabot Cheddar Broccoli Carrot Raisin Salad Whole Grain Dinner Roll	11 Breakfast for Lunch Cheesy Scrambled Eggs Sausage Links French Toast Sticks VT Maple Syrup Hash Browns	12 PIZZA-PA-LOOZA Pepperoni Sausage BBQ Chicken Cheese Veggie	13 Philly Cheesesteak or Roasted Veggies on Sub Roll with Peppers, Onions Sweet Potato Wedges Brussels Sprouts	14 Stir Fry Friday Mandarin Orange Chicken or Tofu Fried Brown Rice Sautéed Cabbage and Carrots
17 EARLY RELEASE DAY! Come and grab a bag lunch before you go!	18	19	20	21
24	25	26	27	28
 <p>FREE SUMMER MEALS in VERGENNES June 24th - August 8 (closed July 4)</p> <ul style="list-style-type: none"> Vergennes Elementary School Sunshine Grill at the Vergennes Pool <p>Starts July 8 – August 8 Vergennes High School Call 453-7002 for information EVERY DAY – All kids 18 and younger eat for free!!</p>			All meals are FREE for students eligible for both Free & Reduced Meals Call us anytime for more information 877-2938	<p>PRICES</p> 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
<u>Baked Potato Bar or Grilled Cheese Sandwich</u> ALTERNATE MONDAYS Baked Potato with toppings and dinner roll or Grilled Cheese with Creamy Tomato Soup	<u>Taco Tuesday</u> Sort 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	<u>Hot Sub of the Day</u>

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