



VISIT: mausd-anwsdnutrition.com

SEPTEMBER 2019

Vergennes Elementary School



Lisa Sprague, Manager
Lissa Gebo, Assistant
Julie Rheume, Assistant

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL LABOR DAY 2	Cheesy Breadstick 3 Marinara Sauce Buttery Green Beans Roasted Chick Peas Fruit Selection Milk	BREAKFAST FOR LUNCH 4 Cheesy Scrambled Eggs French Toast Sticks w/ VT Maple Syrup Roasted Red Potatoes Steamed Broccoli Fruit Selection Milk	Mandarin Orange Chicken or Tofu 5 Cabbage and Carrot Stir Fry Seasoned Brown Rice Fortune Cookie Fruit Selection Milk	Turkey Sandwich on WW Bread with Lettuce 6 Or Hummus and Veggie Wrap Chicken and Rice Soup Cucumber/Apple Salad Fruit Selection Milk
Whole Grain Cheese Ravioli 9 Primavera Cheesy White Sauce or Marinara Steamed Summer Veggies (Zucchini, Green Beans, Carrot) Cottage Cheese Fruit Selection Milk	Hand Rolled Beef & Cheese Or Bean & Cheese BURRITO 10 On WW Tortilla Brown Rice Corn Chili Roasted Carrots Fruit Selection Milk	PIZZA DAY 11 Big Daddy's Pizza Special Cheese, Pepperoni, Veggie Caesar Salad with Croutons Fruit Selection Milk	Misty Knoll Chicken Drumstick Or Baked Tofu w/ BBQ Sauce 12 Baked Beans Roasted Broccoli Dinner Roll Fruit Selection Milk	Baked Potato Bar 13 Baked Potato Ham/Broccoli/Cheese Fixins Cornbread Cherry Tomato & Cucumbers Fruit Selection Milk
Grilled Cheese Sliced Ham Roll Up 16 Tomato Tortellini Soup Garden Cucumber Spears Fruit Selection Milk	MAKE YOUR OWN 17 Fajita Wrap Seasoned Chicken or Tofu On WW 8" Tortilla Choose: Cheese, Peppers, Onion, Sour Cream, Salsa Rice Corn Fruit Selection Milk	Chicken Alfredo Pasta Or Pasta Alfredo 18 Tender Sweet Peas Sweet Potato Half WW Dinner Roll Fruit Selection Milk	Meatballs or Roasted Veggie Sub Sandwich 19 w/ Mozzarella Cheese Marinara Sauce Roasted Zucchini Chick Pea Salad Fruit Selection Milk	Fish and Chips Breaded Fish Sticks 20 Roasted Potato Wedges Baked Beans Tossed Salad Homemade Muffin Fruit Selection Milk
Macaroni and Cabot Cheese 23 Tender Sweet Peas Roasted Carrot and Sweet Potato Fruit Selection Milk	NACHOS 24 Mexican Beef or Beans Homemade Cheese Sauce Sour Cream Salsa Rice Corn Fruit Selection Milk	PIZZA DAY 25 Cheese, Pepperoni, Veggie Or Chef's Choice Caesar Salad with Croutons Four Bean Salad Fruit Selection Milk	Meaty "Separate" Pie 26 Mashed Potatoes Or Lentils and Greens Garlic Bread Stick Buttery Green Beans Fruit Selection Milk	Turkey Bacon Cheddar Or Hummus and Veggie Wrap 27 Kale Caesar Salad Sliced Cucumbers and Zucchini Fruit Selection Milk
WW Rotini with Meat Sauce or Marinara 30 Garlic Bread Spinach Salad with Strawberry Fruit Selection Milk	<p>PRICES Breakfast - \$1.85 Paid Lunch \$2.85 Reduced and Free Lunch - FREE Milk w/o a meal - \$.65 Adult Breakfast \$2.50 Adult Lunch \$5.00</p> <p>Please pay for meals in advance or apply for Free meals</p> 			



This institution is an equal opportunity provider.