



Vergennes Union High School

COMMODORE CAFE

AUGUST/SEPTEMBER 2019

Carmen Jochum,
Manager
Karen Takeda, Chef
Manager
Patti Barnes
Lisa Lawrence
Jamie Bryant

Meal Prices	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast - \$1.85 Lunch - \$3.25 Free/Reduced – One Breakfast & One Lunch – FREE 2nd Entrée w/ Meal \$1.25 Adult Meals – \$2.50 Bfast, \$5.00 Lunch			28 WELCOME BACK! Macaroni & Cabot Cheese Steamed Broccoli Baked Beans Whole Grain Roll	29 Crispy Chicken or Tofu Sweet Potato Wedges Tender Sweet Peas Creamy Coleslaw Combread	30 Stir Fry Friday Mandarin Orange Chicken or Tofu Fresh Stir Fried Veggies Brown Rice or Noodles
CAPTAIN'S PLATE MEAL A homemade hot entrée w/ vegetables & grain sides, fruit selection & milk. (See Menu)	2 NO SCHOOL LABOR DAY	3 Honey Lemon Chicken or Tofu Brown Rice Pilaf Honey Glazed Carrots Sauteed Greens	4 Beef or Veggie Lasagna Sauteed Zucchini and Summer Squash Italian Bean Salad Garlic Breadstick	5 Sweet & Sour Pork or Tofu Garlic Noodles Stir Fried Cabbage and Carrots Ginger Cucumber Salad	6 Chicken and Biscuits With seasonal Veggies Roasted Cauliflower Buttery Green Beans
ON DECK MEAL A weekly alternate menu. Served with a vegetable side. MONDAY Baked Potato Bar OR Grilled Cheese Bar TUESDAY Mexican Fiesta Day WEDNESDAY Pizza Day THURSDAY Pasta Bar FRIDAY Hot Sub/Sandwich or Deli	9 Bean Enchiladas on Whole Grain Tortillas Zesty Rice Lime Cilantro Slaw Salsa & Sour Cream	10 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	11 Chicken Cacciatore or Veggie Cacciatore w/ Peppers, Onions & Tomatoes Brussel Sprouts Whole Grain Roll	12 BBQ Pulled Pork Or BBQ Portobello On Whole Grain Bun Creamy Coleslaw BBQ Baked Beans	13 Stir Fry Friday General Tso's Chicken or Tofu Fried Brown Rice Stir Fried Veggies Crispy Egg Roll
	16 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Roasted Carrots Garlic Bread	17 BBQ Misty Knoll Chicken Drumsticks BBQ Baked Beans Sweet Potato Wedges Buttered Corn Breadstick	18 Local Harvey Smith Farm Ground Beef Meatloaf With Gravy Mashed Potato Peas and Carrots Whole Grain Roll	19 Teriyaki Chicken or Tofu Brown Rice Sauteed Zucchini, Peppers and Onion Edamame Salad	20 Fish & Chips Breaded Fish Fillet Roasted Potato Wedges Green Beans Whole Grain Biscuit
SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding protein & a grain.	23 Cheese Stuffed Shells With Marinara Brussel Sprouts Kale Caesar Salad Garlic Breadstick	24 Tandoori Style Chicken or Tofu Basmati Rice Green Beans Cucumber Salad Whole Grain Roll	25 Beef and Bean or Veggie and Bean Chili With Cheese, Sour Cream Corn Combread	26 Baked Ham with Pineapple Scalloped Potatoes Steamed Broccoli Butternut Squash Whole Grain Biscuit	27 Hamburger, Cheeseburger, Veggie Burger or Hot Dog Carrot and Parsnip Fries Tomato Chickpea Salad
GRAB & GO <ul style="list-style-type: none"> • Salads • Snack Packs • Smoothies/Parfaits • Sandwiches Made Fresh!	30 Veggie and Cheese Quiche Roasted Red Potatoes Buttery Sweet Corn Whole Grain Biscuit	MILK SERVED w/ EVERY MEAL 1% and Skim Chocolate & White	BREAKFAST SERVED EVERY DAY A smart start for growing minds. Fresh, homemade baked goods, Fresh fruit. Yogurt & granola. Boiled eggs. Egg Sandwiches Bagel & Cream Cheese.		PAY FOR MEALS at www.mymealtime.com
Apply for free/reduced meals TODAY Easy, confidential, application. GO to www.mausd-anwsdnutrition.com	Fresh Fruit & Veggie Bar with EVERY MEAL, EVERY DAY				
	Baked Potato Bar or Grilled Cheese Monday Rotating menu of Baked Potato with all the "fixins" or (on alternate Mondays) Grilled Cheese Variety with Soup	MEXICAN FIESTA Tuesday Rotating choice of Tacos, Quesadillas or Beef, Bean or Chicken Served w/ rice, corn, salsa & guacamole	PIZZA Wednesday Assorted Fresh Pizzas Caesar Salad	PASTA BAR Thursday Pasta w/ a choice of homemade sauces. Parmesan Cheese Seasonal Kale Salad Garlic Herb Roll	Hot Sub or Deli SANDWICH Friday Rotating Hot Sub Sandwich Variety Philly Cheese, Meatball, Hot Italian or (on alternate Fridays) Deli Sandwich Variety

We source fresh produce, beef, chicken, maple syrup, and eggs from Addison County farmer partners.