



Vergennes Union High School

COMMODORE CAFE

OCTOBER 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		1 Crispy Chicken or Tofu Sweet Potato Wedges Tender Sweet Peas Creamy Coleslaw Cornbread	2 EARLY RELEASE DAY Come and Grab a Bag Lunch before you go!	3 Chicken Tenders Mashed Potatoes Broccoli Roasted Carrots	4 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)	7 Macaroni & Cabot Cheddar Broccoli Butternut Squash Whole Grain Dinner Roll	8 Honey Lemon Chicken or Tofu Brown Rice Pilaf Honey Glazed Carrots Sautéed Greens	9 Beef or Veggie Lasagna Sautéed Zucchini and Summer Squash Italian Bean Salad Garlic Breadstick	10 Sweet & Sour Pork or Tofu Garlic Noodles Stir Fried Cabbage and Carrots Ginger Cucumber Salad	11 Chicken and Biscuits with seasonal Veggies Roasted Cauliflower Buttery Green Beans
ON DECK MEAL A weekly alternate menu. Served with a vegetable side salad MONDAY Baked Potato Bar OR Grilled Cheese Bar TUESDAY Mexican Fiesta Day WEDNESDAY Pizza Day THURSDAY Pasta Bar FRIDAY Hot Sub or Deli Sandwich	14 Bean Enchiladas on Whole Grain Tortillas Zesty Rice Refried Beans Lime Cilantro Slaw Salsa & Sour Cream	15 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	16 Chicken Cacciatore or Veggie Cacciatore w/ Peppers, Onion & Tomato Pasta Brussels Sprouts Whole Grain Roll	17 BBQ Pulled Pork or BBQ Portobello on Whole Grain Bun Roasted Carrots Sweet Peas Creamy Coleslaw BBQ Baked Beans	18 Stir Fry Friday General Tso's Chicken or Tofu Fried Brown Rice Steamed Broccoli Crispy Egg Roll
SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding protein & a grain.	21 Eggplant Parmesan Penne Pasta Lemon Zest Broccoli Roasted Carrots Garlic Bread	22 BBQ Misty Knoll Chicken Drumsticks or BBQ Tofu BBQ Baked Beans Sweet Potato Wedges Buttered Corn Breadstick	23 Local Harvey Smith Farm Ground Beef Meatloaf or Tempeh & Mushrooms Mashed Potatoes w/Gravy Peas and Carrots Whole Grain Roll	24 Teriyaki Chicken or Tofu Brown Rice Sautéed Zucchini, Summer Squash and Red Peppers Edamame Salad	25 Fish & Chips Breaded Fish Fillet Tartar Sauce Roasted Potato Wedges Green Beans Whole Grain Biscuit
GRAB & GO <ul style="list-style-type: none"> • Salads • Snack Packs • Smoothies/Parfaits • Sandwiches Made Fresh!	28 Cheese Stuffed Shells With Marinara Brussel Sprouts Kale Caesar Salad Garlic Breadstick	29 Tandoori Style Chicken or Tofu Basmati Rice Green Beans Cucumber Salad Whole Grain Roll	30 Beef and Bean or Veggie and Bean Chili With Cheese, Sour Cream Sautéed Corn Cornbread	31 Baked Ham with Pineapple Scalloped Potatoes Steamed Broccoli Butternut Squash Whole Grain Biscuit	Parent Conferences No School
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 or Quesadillas Beef, Bean or Chicken Served w/ rice, beans, salsa, sour cream & guacamole	PIZZA Wednesday Assorted Fresh Pizzas Caesar Salad	PASTA BAR Thursday Pasta w/ a choice of homemade sauces. Parmesan Cheese Garlic Herb Roll Seasonal Kale Salad	Hot Sub or Deli SANDWICH Friday Rotating Hot Sub 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.

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