



FEBRUARY 2020

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@greatschoolmeals

Lisa Sprague, Manager
Julie Rheaume,
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Assistants

per VISIT: www.mausd-anwsdnutrition.com Vergennes Elementary School

Monday

Chicken Alfredo Pasta **3**
Or
Pasta Alfredo
Tender Sweet Peas
Sweet Potato Half
WW Dinner Roll
Fruit Selection
Milk

Tuesday

MAKE YOUR OWN **4**
Fajita Wrap with
Seasoned Chicken or Beans
On WW 8" Tortilla
Choose: Cheese, Peppers & Onion,
Sour Cream, Salsa
Rice Corn
Fruit Selection Milk

Wednesday

EARLY RELEASE DAY **5**
WG Bagel with
Cream Cheese or Peanut Butter
Yogurt and String Cheese
Carrot Sticks and Pepper Strips
WG Goldfish
Fruit
Milk

Thursday

Sloppy Joe **6**
Or
Black Bean Burger
On WG Bun
Tossed Salad w/ Dressing
Chick Pea Salad
Fruit Selection
Milk

Friday

Fish and Chips **7**
Breaded Fish Sticks
Roasted Potato Wedges
Creamy Coleslaw
Garlic Knot
Fruit Selection
Milk

Macaroni and Cabot Cheese **10**
Steamed Broccoli
Baked Beans
WG Breadstick
Fruit Selection
Milk

NACHOS **11**
Mexican Beef or Beans
Homemade Cheese Sauce
Sour Cream Salsa
Rice
Corn
Fruit Selection
Milk

PIZZA DAY **12**
Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Roasted Brussel Sprouts
Fruit Selection
Milk

Meaty Shepherd's Pie **13**
With Mashed Potatoes
WG Biscuit
Buttery Green Beans
Fruit Selection
Milk

Hearty Grilled Cheese or **14**
Grilled Ham and Cheese
Tomato Soup
Cucumber Salad
Heart Beet Salad
Fruit Selection
Milk

NO SCHOOL **17**
FEBRUARY RECESS

NO SCHOOL **18**
FEBRUARY RECESS

NO SCHOOL **19**
FEBRUARY RECESS

NO SCHOOL **20**
FEBRUARY RECESS

NO SCHOOL **21**
FEBRUARY RECESS

WW Rotini with **24**
Meat Sauce or Marinara
Cottage Cheese
Garlic Bread
Peas
Fruit Selection
Milk

Taco Salsa Bake **25**
(Taco Meat, Salsa, Cheddar Cheese)
Corn Chips and Spanish Rice
Refried Beans
Corn
Sour Cream
Fruit Selection
Milk

PIZZA DAY **26**
Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Pepper Strips with Dip
Fruit Selection
Milk

Local Beef **27**
Meatloaf
Mashed Potatoes
Green Beans
WG Biscuit
Fruit Selection
Milk

Chicken or Tofu Tenders **28**
With BBQ Sauce
Buttered WG Noodles
Steamed Broccoli
Roasted Carrots
Fruit Selection
Milk

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

**Please pay for meals in advance or
apply for Free meals**



This institution is an equal opportunity provider.

