



Vergennes Union High School COMMODORE CAFE February 2020

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					
CAPTAIN'S PLATE MEAL A homemade hot entrée w/ vegetables & grain sides, fruit selection & milk. (See Menu)	3 Bean and Cheese Enchiladas on Whole Grain Tortilla Zesty Rice Buttery Corn Lime Cilantro Slaw Salsa and Sour Cream	4 Breakfast for Lunch Cheesy Scrambled Eggs French Toast Sticks Sausage Links VT Maple Syrup Hash Browns	5 Early Release Day Come grab a Bag Lunch before you go!	6 Herb Roasted Pork with Apples Mashed Potatoes Green Beans Roasted Carrots Whole Grain Roll	7 Stir Fry Friday Mandarin Orange Chicken or Tofu Fried Brown Rice Steamed Broccoli Crispy Egg Roll
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	10 Grilled Cheese Sandwich Roasted Green Beans Buttery Corn Tomato Soup	11 Crispy Chicken Or Crispy Tofu Sweet Potato Fries BBQ Baked Beans Sautéed Zucchini Creamy Coleslaw Cornbread	12 Ground Beef Stroganoff or Veggie Stroganoff Buttery Egg Noodles Harvard Beets Steamed Broccoli Whole Grain Roll	13 Roast Turkey Dinner Mashed Potatoes with Gravy Sweet Green Peas Buttered Carrots Cranberry Sauce Whole Grain Roll	14 Stir Fry Friday General Tso's Chicken or Tofu Brown Rice or Noodles Stir Fried Veggies Edamame Salad
FEBRUARY 17-21 BREAK NO SCHOOL					
SALAD CENTRAL Make a meal from the Fresh Fruit & Veggie Bar by adding protein & a grain.	24 Macaroni and Cabot Cheddar Broccoli Butternut Squash Chickpea Salad Whole Grain Roll	25 Chicken Cordon Bleu Brown Rice Pilaf Honey Glazed Carrots Brussels Sprouts	26 Beef Stew or Veggie Stew Roasted Zucchini Buttery Corn Garlic Bread Stick	27 Noodle Bowl with Sweet and Sour Pork or Tofu Stir Fried Cabbage and Carrots Asian Cucumber Salad Fortune Cookie	28 Chicken and Biscuit or Tempeh and Biscuit with Seasonal Vegetables Buttery Green Beans Roasted Cauliflower
GRAB & GO <ul style="list-style-type: none"> Salads Snack Packs Smoothies/Parfaits Sandwiches Made Fresh!	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	MEXICAN FIESTA Tuesday	PIZZA Wednesday	PASTA BAR Thursday	Hot Sub or Deli SANDWICH Friday
	Rotating menu of Baked Potato with all the "fixins" or (on alternate Mondays) Grilled Cheese Variety with Soup & Vegetable of the Day	Rotating choice of Tacos and Quesadillas Beef, Bean or Chicken Served w/ rice, beans, salsa, sour cream & guacamole	Assorted Fresh Pizzas Caesar Salad	Pasta w/ a choice of homemade sauces. Parmesan Cheese Garlic Herb Roll Seasonal Kale Salad	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.