



# La Vernia Primary and Intermediate Lunch Menu

## October 2020

### Lunch Meal Prices:

**Student Full Price - \$2.45**  
**Reduced - \$0.40**  
**Adult - \$3.75**  
**Hot Lunch Entrée - \$1.75**  
**Fruit / Veggie - \$0.75**  
**Snacks, Milk, Bread - \$0.60 to \$1.00**  
**Large Bottled Drink - \$1.00**  
**Small Bottled Water - \$0.35**  
 Prices are subject to change.



Students must select 3 or 4 items for breakfast for a reimbursable meal, one item must be a 1/2 cup of vegetable or fruit.

Mon	Tue	Wed	Thu	Fri
			<b>1</b> <b>Ham &amp; Cheese Sandwich</b> <b>Hot Dog</b> Fruit Cup Baked Beans French Fries Milk	<b>2</b> <b>PB&amp;J (Intermediate only)</b> <b>Chef Salad (Primary Only)</b> <b>Pizza Slice</b> Apple Slices Red Pepper Strips Cucumber Slices Milk
<b>5</b> <b>Turkey &amp; Cheese Sandwich</b> <b>Cheeseburger</b> Raisins Baby Carrots French Fries Milk	<b>6</b> <b>PB&amp;J Uncrustable</b> <b>Steak Fingers</b> Fruit Cup Broccoli Mashed Potatoes Milk	<b>7</b> <b>Yogurt/Cheese Stick</b> <b>Chicken Nuggets</b> Fresh Fruit Baby Carrots Milk	<b>8</b> <b>Ham &amp; Cheese Sandwich</b> <b>Hot Dog</b> Fruit Cup Baked Beans French Fries Milk	<b>9</b> <b>PB&amp;J (Intermediate only)</b> <b>Chef Salad (Primary only)</b> <b>Pizza Slice</b> <b>Apple Slices</b> Red Pepper Strips Cucumber Slices Milk 
<b>12</b> Columbus Day	<b>13</b> <b>PB&amp;J Uncrustable</b> <b>Steak Fingers</b> Fruit Cup Broccoli Mashed Potatoes Milk	<b>14</b> <b>Yogurt/Cheese Stick</b> <b>Chicken Nuggets</b> Fresh Fruit Baby Carrots Milk	<b>15</b> <b>Ham &amp; Cheese Sandwich</b> <b>Hot Dog</b> Fruit Cup Baked Beans French Fries Milk	<b>16</b> <b>PB&amp;J (Intermediate only)</b> <b>Chef Salad (Primary only)</b> <b>Pizza Slice</b> Apple Slices Red Pepper Strips Cucumber Slices Milk
<b>19</b> Student Holiday	<b>20</b> <b>PB&amp;J Uncrustable</b> <b>Steak Fingers</b> Fruit Cup Broccoli Mashed Potatoes Milk	<b>21</b> <b>Yogurt/Cheese Stick</b> <b>Chicken Nuggets</b> Fresh Fruit <b>Baby Carrots</b> Milk 	<b>22</b> <b>Ham &amp; Cheese Sandwich</b> <b>Hot Dog</b> Fruit Cup Baked Beans French Fries Milk	<b>23</b> <b>PB&amp;J (Intermediate only)</b> <b>Chef Salad (Primary only)</b> <b>Pizza Slice</b> Apple Slices Red Pepper Strips Cucumber Slices Milk
<b>26</b> <b>Turkey &amp; Cheese Sandwich</b> <b>Cheeseburger</b> Raisins Baby Carrots French Fries Milk	<b>27</b> <b>PB&amp;J Uncrustable</b> <b>Steak Fingers</b> Fruit Cup Broccoli Mashed Potatoes Milk	<b>28</b> <b>Yogurt/Cheese Stick</b> <b>Chicken Nuggets</b> Fresh Fruit Baby Carrots Milk	<b>29</b> <b>Ham &amp; Cheese Sandwich</b> <b>Hot Dog</b> Fruit Cup Baked Beans French Fries Milk	<b>30</b> <b>PB&amp;J (Intermediate only)</b> <b>Chef Salad (Primary only)</b> <b>Pizza Slice</b> Apple Slices Red Pepper Strips Cucumber Slices Milk