

- 2023 -

NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vermilion Elementary School

Lunch Menu

Lunch Price \$2.75
Reduced No Charge

A full lunch includes:
Choice of meat/meat alternate,
whole grain bread or grain,
vegetables, fruit or 100% fruit juice
and choice of milk.
*Students must take ½ cup fruit or
vegetable*

Daily Alternate Choices:
Yogurt Parfait with Banana Bread
Sunbutter Uncrustable with String
Cheese
Assorted Deli Sandwiches



Common allergens may be present

6 Chicken Nuggets
Whole Grain Muffin
Steamed Corn
California Veggies
Fruit or Juice
Choice of Milk

7 Mini Corn Dogs
Twister Fries
Baked BEans
Cookie
Fruit or Juice
Choice of Milk

8 Toasted Cheese
Tomato Soup
Steamed Broccoli
Fresh Veggie CUP
Fruit or Juice
Choice of Milk

9 Ham and Cheese Sub
Baked Potato Chips
Fresh Veggie Cup
Fruit or Juice
Choice of Milk

10 Fresh Baked Pizza
Oven Baked Fries
Fresh Veggie Cup
Fruit or Juice
Choice of Milk

13 Popcorn Chicken
Mashed Potatoes/Gravy
Baby Carrots/Ranch
Fruit or Juice
Choice of Milk

14 Soft Taco with
Beef and Cheese
Lettuce/Salsa
Fiesta Beans
Fresh Veggie Cup
Fruit or Juice
Choice of Milk

15 Thanksgiving for Lunch!
Oven Roasted Turkey
Mashed Potatoes/Gravy
Steamed Corn
Dinner Roll
Fruit or Juice
Choice of Milk
Pumpkin Roll Dessert

16 French Toast Sticks
Syrup
Hash Brown Rounds
Fresh Broccoli/Ranch
Fruit or Juice
Choice of Milk

17 Marco's Pizza
Oven Baked Fries
Fresh Veggie Cup
Fruit or Juice
Choice of Milk

20 Breaded Chicken
Sandwich
Oven Baked Fries
Steamed Green Beans
Fruit or Juice
Choice of Milk

21 Hot Dog on WG Bun
Baked Beans
Twister Fries
Fruit or Juice
Choice of Milk

22 No School!

23 Happy Thanksgiving!

24 No School!

27 Chicken Nuggets
Tater Tots
Steamed Broccoli
Fruit or Juice
Choice of Milk

28 Macho Nachos
Cheese
Sauce/Lettuce/Salsa
Fiesta Beans
Fresh Veggie Cup
Fruit or Juice
Choice of Milk

29 Mozzarella Cheese Sticks
Marinara Sauce
Fresh Garden Salad
Steamed California
Veggies
Fruit or Juice
Choice of Milk
Cookie

30 CHicken & Waffles
Steamed Corn
Baby Carrots/Ranch
Fruit or Juice
Choice of Milk

1 Mini Cheese Ravioli
Marinara Sauce
Garden Salad
Steamed Carrots
Scooby Snacks
Fruit Choice
Choice of Milk

2 Pancakes or Waffles
Sausage Links or
Pancake/Sausage
Wrap
Hash Brown Rounds
Fresh Veggie Cup
Fruit or Juice
Choice of Milk

3 Domino's Pizza
Baby Carrots/Ranch
Baked Crinkle Fries
Fruit or Juice
Choice of Milk