Vermilion High School Café Lunch Menu

Lunch Price \$2.90

Reduced No Charge Adult Meal \$4.35 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:

Spicy or Regular Chicken Filet Sandwich Hamburger or Cheeseburger Cold Deli Sandwich Yogurt Parfait with Banana Bread PBJ Uncrustable with String Cheese and Crackers **Assorted Entree Salads**

*A variety of fresh vegetables and milk flavors are offered daily as part of the

Common allergens may be present

CELEBRATE!

April is....

National Poetry Month National Gardening Month National Fresh Celery Month and National Soft Pretzel Month



TUESDAY

"Fried" Chicken Fillet

Mashed

Potatoes/Gravy

Dinner Roll

Fruit or Juice

Choice of Milk

WEDNESDAY

Walking Tacos

Lettuce & Salsa

Sour Cream & Cheese

Black Beans

Assorted Fruit

Choice of Milk

THURSDAY

Macaroni and Cheese **Bowls** Choose: Chili, Buffalo or Regular Popcorn Chicken WG Muffin Steamed Broccoli Fruit or Juice

Choice of Milk

Marco's Pizza French Fries **Assorted Fruit** Choice of Milk

FRIDAY

Eclipse! No School!

MONDAY

April Fool's Day!

Toasted Cheese

Tomato Soup

Smiley Fries

Assorted Fruit

Choice of Milk



Popcorn Chicken **WG Crackers** Mashed Potatoes/Gravy Fruit or Juice Choice of Milk

Beef or Chicken Soft Tacos Lettuce & Cheese Salsa & Sour Cream Black Beans Assorted Fruit Choice of Milk

11

Build A Sub Bar Assorted Deli Meat and Cheese **Tater Tots** WG Chips Fruit or Juice Choice of Milk

12

Domino's Pizza French Fries **Assorted Fruit** Choice of Milk

15

Meatball Sub Mozzarella Cheese Tater Tots Garden Salad **Assorted Fruit** Choice of Milk

Chicken Tenders Crinkle Fries **WG Crackers** Fruit or Juice Choice of Milk

17

Macho Nachos Lettuce & Salsa Sour Cream Fiesta Beans **Assorted Fruit** Choice of Milk

18

Chicken Mashed **Potato Bowls** WG Roll Fruit or Juice Choice of Milk

Pizza Hut Pizza Steamed Corn **Assorted Fruit** Choice of Milk

22

Chicken or Beef Philly Sub Sandwich Sautéed Onions & **Peppers Baked Beans Assorted Fruit** Choice of Milk

Poutine Bowl Crispy Fries topped with Popcorn Chicken, Gravy and Cheese Garden Salad WG Twisted Breadstick Fruit or Juice Choice of Milk

Chicken & Dutch Waffle Hash Brown Rounds **Assorted Fruit** Choice of Milk

25

Pasta Bar! Variety of Pasta, Sauce and Meat Choices WG Garlic Breadstick Garden Salad Fruit or Juice Choice of Milk

26

Marco's Pizza **Twister Fries Assorted Fruit** Choice of Milk

29

Bosco Breadsticks Marinara Sauce Steamed Broccoli Assorted Fruit Choice of Milk

Popcorn Chicken Mashed Potatoes/Gravy WG Dinner Roll Fruit or Juice Choice of Milk

