

Vermilion High Café



February 2023

Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juice choice, and milk choice (1% unflavored, skim, or fat-free flavored).
Students must take a 1/2c serving of a fruit or a vegetable with lunch.

Lunch Price: \$2.90
Reduced Lunch: \$.40
Adult Lunch: \$4.35

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1	February 2	February 3
		Hot Ham & Cheese Sandwich Rosemary Roasted Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Pasta Bar - Rotini w/ Meatballs Marinara/Alfredo/ChickenTenders WG Garlic Breadstick Fresh Garden Salad Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) Baked Twister Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
February 6	February 7	February 8	February 9	February 10
Toasted Cheese Sandwich Chili or Tomato Soup Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fried Chicken Filet/WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Walking Tacos Doritos with Beef, Cheese, Lettuce, Salsa, sour cream Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Macaroni & Cheese Bowls (Chili, Buffalo Chicken, Plain) WG Muffin Steamed Broccoli Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
February 13	February 14	February 15	February 16	February 17
Bosco Breadsticks Marinara & Mozzarella Cheese Steamed Broccoli Florets Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Popcorn Chicken WG Crackers Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Valentine Cookie Choice of Milk	Soft Tacos Soft flour shells filled w/ beef or chicken, cheese, lettuce, salsa & sour cream Black Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Buffalo Chicken Sub (regular or Buffalo) French Fries Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	NO SCHOOL
February 20	February 21	February 22	February 23	February 24
NO SCHOOL	Chicken Tenders WG Crackers Rosemary Roasted Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Macho Nachos - Beef Taco over WG tortilla chips, cheese sauce lettuce, salsa, sour cream Fiesta Beans Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Oriental Rice Bowls: Grilled or Popcorn Chicken w/ choice of sauce Steamed California Veggies Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Fresh Baked Pizza Pepperoni or Buffalo Chicken Tater Tots Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk
February 27	February 28	March 1	March 2	March 3
Philly Sub - Chicken or Beef Sauteed Peppers & Onions Mozzarella Cheese Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Poutine: Crispy Fries topped w/ Popcorn Chicken, Gravy, Shredded Cheddar Twisted Breadstick Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Hot Ham & Cheese Sandwich Rosemary Roasted Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Pasta Bar - Rotini w/ Meatballs Marinara/Alfredo/ChickenTenders WG Garlic Breadstick Fresh Garden Salad Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) Baked Twister Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk

Menu subject to change without notice.

This institution is an equal opportunity provider.

Daily Meal Choices:

Breaded Chicken Filet Sandwich
 Spicy Breaded Chicken Filet Sandwich
 Hamburger/Cheeseburger on Bun

Cold Deli Sandwich
 Creamy Yogurt Parfait with Banana Bread
 PBJ Uncrustable/String Cheese/WG Crackers
 Assorted Lunch Salads (Chef, Chicken, Vegetarian)
 (made with locally grown lettuces from OHIO farms)

Garden Fresh Entrée Salads:

Salad lunches come with a fruit or juice, a warm WG
 breadstick, steamed veggie selection, milk choice, & dressing

Alternate Hot Choices:
 Monday - Chicken Parmesan
 Tuesday - Oriental Chicken
 Wednesday - Chicken BLT
 Thursday - BBQ Chicken Salad
 Friday - Chef Salad

Alternate Hot Choices:
 Popcorn Chicken
 Mini Corn Dogs
 Quesadillas
 BBQ Pork Sandwich

This café uses a variety of
 products that may contain
 an artificial sweetener.

Products may be produced in
 a plant that also produces
 milk, egg, wheat, soy,
 peanuts, and tree nuts.