

Vermilion High Café



January 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
	January 3	January 4	January 5	January 6
	Chicken Parmesan Sub WG Chips Steamed Broccoli 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 FiestaBeans/Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Big Daddy Pizza: Cheese Pepperoni or Buffalo Chicken Steamed Corn Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
January 9	January 10	January 11	January 12	January 13
Toasted Cheese Sandwich Chili or Tomato Soup Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fried Chicken Filet/WG Roll Rosemary Roasted Potatoes 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	Chicken Tenders Dutch Waffle Hash Brown Cubes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Domino's Pizza (Cheese or Pepperoni) French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
January 16	January 17	January 18	January 19	January 20
NO SCHOOL <i>Martin Luther King Holiday</i>	Popcorn Chicken WG Crackers Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice 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	Bosco Breadsticks Marinara Steamed Broccoli Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	NO SCHOOL
January 23	January 24	January 25	January 26	January 27
Meatball Sub topped w/ Marinara & Mozzarella Cheese <i>Garden Salad</i> Steamed Corn Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	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	Big Daddy Pizza: Cheese Pepperoni or Buffalo Chicken Tater Tots Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk
January 30	January 31	February 1	February 2	February 3
Philly Sub - Chicken or Beef Sauteed Peppers & Onions Mozzarella Cheese Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Popcorn Chicken Dutch Waffle Tater Tots 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 <i>Garden Salad</i> 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.				

<p>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)</p>	<p>Garden Fresh Entrée Salads: Salad lunches come with a fruit or juice, a warm WG breadstick, steamed veggie selection, milk choice, & dressing Monday - Chicken Parmesan Tuesday - Oriental Chicken Wednesday - Chicken BLT Thursday - BBQ Chicken Salad Friday - Chef Salad</p>	<p>Alternate Hot Choices: Popcorn Chicken Mini Corn Dogs Quesadillas BBQ Pork Sandwich</p>	<p>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.</p>
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