

Vermilion High Café



March 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).				Lunch Price: \$2.90
<i>Students must take a 1/2c serving of a fruit or a vegetable with lunch.</i>				Reduced Lunch: \$.40
				Adult Lunch: \$4.35
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 1	March 2	March 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
March 6	March 7	March 8	March 9	March 10
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 Choice of Milk	Chipotle Burritos w/ WG Rice filled w/ beef or chicken chicken, cheese,lettuce,salsa & sour cream Black Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Grilled Chicken Club (Plain or Buffalo) Steamed California Veggies Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk Dough Go's Cookie	NO SCHOOL
March 13	March 14	March 15	March 16	March 17
Hot Dog/WG Bun Chili & Cheese Toppings WG Crackers Baked French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	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 Choice of Milk	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk Choice of Milk	NO SCHOOL
March 20	March 21	March 22	March 23	March 24
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
March 27	March 28	March 29	March 30	March 31
Bosco Breadsticks Marinara & Mozzarella Cheese Steamed Broccoli Florets Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk Dough Go's Cookie	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	Buffalo Chicken Sub (regular or Buffalo) French Fries Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Domino'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 Creamy Yogurt Parfait with Banana Bread PBJ Uncrustable		Garden Fresh Entrée Salads: Salad lunches come with a fruit or juice, a warm WG breadstick, veggie selections, milk choice, & dressing Daily Salads: Grilled Chicken, Breaded Chicken, Vegetarian, Chef Salad, and Italian Salad Daily Sandwiches: Deli Sub, Turkey & Cheese Sub, Ham & Cheese Sub, and Chicken Wraps		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.