

Vermilion High Café



May-June 2023

Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juicie 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
May 1	May 2	May 3	May 4	May 5
Toasted Cheese Sandwich Chili or Tomato Soup Tater Tots	Fried Chicken Filet/WG Roll Mashed Potatoes/Gravy	Walking Tacos Doritos with Beef, Cheese, Lettuce, Salsa, sour cream	Macaroni & Cheese Bowls (Chili, Buffalo Chicken, Plain) WG Muffin Steamed Broccoli	Marco's Pizza (Cheese or Pepperoni)
Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
May 8	May 9	May 10	May 11	May 12
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	Picnic Lunches Field Day
May 15	May 16	May 17	May 18	
Meatball Sub topped w/ Mozzarella Cheese 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 - WG tortillachips Beef Taco Mix, Cheese Sauce Lettuce/Salsa/Sour Cream Fiesta Beans Assorted Fresh Veggies Assorted Fruits or 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	Marco's Pizza Steamed Corn Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk
May 22	May 23	May 24	May 25	May 26
Philly Sub - Chicken or Beef Sautéed Peppers & Onions Mozzarella Cheese Roasted Potatoes 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	Chipotle Burrito WG Rice topped with Chicken or Beef, Cheese, Lettuce, SrCrm, Salsa Black Beans/Steamed Corn Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Pasta Bar - Rotini w/ Meatballs Marinara/Alfredo/Chicken Tenders WG Garlic Breadstick Fresh Garden Salad 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
May 29	May 30	May 31	June 1	June 2
Memorial Day NO SCHOOL	Build a Sub your Way Choice of Milk Assorted Fresh & Canned fruits Choice of Milk	Build a Sub your Way Choice of Milk Assorted Fresh & Canned fruits Choice of Milk	Build a Sub your Way Choice of Milk Assorted Fresh & Canned fruits Choice of Milk	Build a Sub your Way Choice of Milk 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.