

- 2023 -

# NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Vermilion High School Cafe 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 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 meal\*

Common allergens may be present



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<p><b>6</b></p> <p>Toasted Cheese Tomato Soup Tater Tots Assorted Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Fried Chicken Filet Dinner Roll Mashed Potatoes/Gravy Assorted Fruit or Juice Choice of Milk</p>	<p><b>8</b></p> <p>Walking Tacos Cheese/Lettuce Salsa/Sour Cream Black Beans Assorted Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Baked Mac and Cheese Bowls (Chili, Buffalo Chicken or Plain) WG Muffin Steamed Broccoli Assorted Fruit or Juice Choice of Milk</p>	<p><b>10</b></p> <p>Marco's Pizza Oven Baked Fries Assorted Fruit Choice of Milk</p>
<p><b>13</b></p> <p>Bosco Breadsticks Marinara Dipping Sauce Steamed Broccoli Assorted Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Popcorn Chicken WG Crackers Oven Baked Fries Assorted Fruit or Juice Choice of Milk</p>	<p><b>15</b></p> <p>Thanksgiving for Lunch! Oven Roasted Turkey Green Bean Casserole Mashed POTatoes/Gravy Sweet Potato Souffle Stuffing Pumpkin Roll with Cool Whip Choice of Milk</p>	<p><b>16</b></p> <p>Regular or Buffalo Chicken Sub Tater Tots ASorted Fruit or Juice Choice of Milk</p>	<p><b>17</b></p> <p>Domino's Pizza Oven Baked Fries Assorted Fruit Choice of Milk</p>
<p><b>20</b></p> <p>Meatball Sub Mozzarella Cheese Tater Tots Fresh GArden Salad Assorted Fruit Choice of Milk</p>	<p><b>21</b></p> <p>Chicken Tenders WG Crackers Crinkle Fries ASorted Fruit or Juice Choice of Milk</p>	<p><b>22</b></p> <p>No School!</p>	<p><b>23</b></p> <p>Happy Thanksgiving!</p>	<p><b>24</b></p> <p>No School!</p>
<p><b>27</b></p> <p>Chicken or Beef Philly Sub Sauteed Peppers/Onions Mozzarella Cheese Assorted Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Poutine: Crispy Fries topped with Popcorn Chicken, Gravy and Cheddar Cheese WG Twisted Breadstick Fresh Tossed Salad ASorted Fruit or JUICE Choice of Milk</p>	<p><b>29</b></p> <p>Chicken &amp; Dutch Waffle Hash Brown Rounds ASorted Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Pasta Bar A Variety of Pasta and Sauces Meatballs, Chicken, Marinara and Alfredo WG Garlic Breadstick Fresh Garden Salad Assorted Fruit or Juice Choice of Milk</p>	