

VERMILION ELEMENTARY SCHOOL CYCLE MENU 2019-2020

WEEK 1

GENERAL TSO CHCKEN
WHITE RCIE
STEAMED BROCCOLI
FRESH TOMATO & GREEN PEPPERS
ASSORTED FRUIT CUPS
SECOND CHOICE: SLOPPY JO
MILK

BOSCO CHEESE STICKS
MARINARA SAUCE
SPNACH SALAD W/ DRESSING
FRESH CARROT & CELERY STICKS
ASSORTED FRUIT CUPS
SECOND CHOICE: SLOPPY JO
MILK

MACARONI & CHEESE
DINNER ROLL
CANDIED CARROTS
FRESH CARROT & CUCUMBER CUPS
JELLOED OR ASSORTED FRUIT CUPS
SECOND CHOICE: SLOPPY JO
MILK

CORN DOG
FRENCH FRIES
COLESLAW CUP
ASSORTED CHEX SNACK MIX
FRESH BROCCOLI CUP
ASSORTED FRUIT CUPS
SECOND CHOICE: SLOPPY JO
MILK

BRUNCH FOR LUNCH
FRENCH TOAST STICKS W/ SYRUP
HASH BROWN POTATO
STRING CHEESE
FRESH VEGGIE CUP
ASSORTED APPLESAUCE CUPS
SECOND CHOICE: SLOPPY JO
MILK

WEEK 2

BREADED CHICKEN PATTY ON BUN
CANDIED CARROTS
FRESH TOMATO & GREEN PEPPERS
ASSORTED FRUIT CUPS
SECOND CHOICE FISH SANDWICH
MILK

DOMINO'S PIZZA OR
PEPPERON PIZZA
FRESH ROMAINE SALAD
W/ DRESSING
FRESH CARROT & CELERY STICKS
ASSORTED FRUIT CUPS
SECOND CHOICE FISH SANDWICH
MILK

SALISBURY STEAK & GRAVY
MASHED POTATOES
DINNER ROLL
FRESH CARROT & CUCUMBER CUPS
JELLOED OR ASSORTED FRUIT CUPS
SECOND CHOICE FISH SANDWICH
MILK

HAMBURGER ON BUN
DILL PICKLE SLICES
HASH BROWN POTATO
FRESH BROCCOLI CUP
ASSORTED FRUIT CUPS
SECOND CHOICE FISH SANDWICH
MILK

CHEESE PIZZA CRUNCHER
CALIFORNIA BLEND
ASSORTED GRAHAMS
FRESH VEGGIE CUP
SORBET CUP
SECOND CHOICE FISH SANDWICH
MILK

WEEK 3

BREADED CHICKEN NUGGETS
MASHED POTATOES
DINNER ROLL
FRESH TOMATO & GREEN PEPPERS
ASSORTED FRUIT CUPS
SECOND CHOICE ASSORTED COLD CUT
SANDWICHES
MILK

TACO TUESDAY
SHREDDED SALAD BOWL
W/CHEDDAR CHEESE
TOMATO SALSA
GRIPZ GRAHAM CRACKERS
FRESH CARROT & CELERY STICKS
ASSORTED FRUIT CUPS
SECOND CHOICE ASSORTED COLD CUT
SANDWICHES
MILK

FISH STICKS
PEROGIES
STEAMED GREEN BEANS
FRESH CARROT & CUCUMBER CUPS
JELLOED OR ASSORTED FRUIT CUPS
SECOND CHOICE ASSORTED COLD CUT
SANDWICHES
MILK

BRUNCH FOR LUNCH
CONFETTI PANCAKES W/SYRUP
POTATO COINS
SAUSAGE PATTY
FRESH BROCCOLI CUP
100% ASSORTED FRUIT JUICE OR
ORANGE SMILES
SECOND CHOICE ASSORTED COLD
CUT SANDWICHES
MILK

MARCO'S PIZZA
STEAMED PEAS
ICE CREAM CUP
CARTEENIES OR ASSORTED
FRESH VEGGIE CUPS
ASSORTED APPLESAUCE CUP
SECOND CHOICE ASSORTED COLD CUT
SANDWICHES
MILK

WEEK 4

BREADED BONELESS CHICKEN WINGS
STEAMED GREEN BEANS
FRESH TOMATO & GREEN PEPPERS
ASSORTED FRUITS CUPS
SECOND CHOICE RIB A QUE ON BUN
MILK

PIZZA HUT
PEPPERONI OR CHEESE PIZZA
CRISPY TATER STARZ
FRESH CARROT & CELERY STICKS
ASSORTED FRUIT CUPS
SECOND CHOICE RIB A QUE ON BUN
MILK

TURKEY & GRAVY
MASHED POTATOES
DINNER ROLL
YOGURT CUP
FRESH CARROT & CUCUMBER CUPS
JELLOED OR ASSORTED FRUIT CUPS
SECOND CHOICE RIB A QUE ON BUN
MILK

HOT DOG ON A BUN
BAKED BEANS
ASSORTED CHIPS
FRESH BROCCOLI CUP
ASSORTED FRUIT CUPS
SECOND CHOICE RIB A QUE ON BUN
MILK

BRUNCH FOR LUNCH
WAFFLES W/ SYRUP
POTATO COINS
SAUSAGE LINKS
FRESH VEGGIE CUP
100% FRUIT CUP OR APPLESAUCE CUP
SECOND CHOICE RIB A QUE ON BUN
MILK

WEEK 5

BREADED CHICKEN TENDERS
STEAMED CORN
FRESH TOMATO & GREEN PEPPERS
ASSORTED FRUITS CUPS
SECOND CHOICE WOW PEANUT BUTTER
& JELLY SANDWICH
MILK

ITALIAN PEPPERONI CALZONE
STEAMED BROCCOLI
BUG BITE GRAHAMS
FRESH CARROT & CELERY STICKS
FROZEN WHOLE FRUIT JUICE CUP
OR ASSORTED FRUIT CUPS
SECOND CHOICE WOW PEANUT BUTTER
& JELLY SANDWICH
MILK

PASTA W/ MEAT SAUCE
DINNER ROLL
CAULIFLOWER W/ CHEESE SAUCE
FRESH CARROT & CELERY STICKS
JELLOED OR ASSORTED FRUIT CUPS
SECOND CHOICE WOW PEANUT BUTTER &
JELLY SANDWICH

TOASTED CHEESE SANDWICH
TOMATO SOUP W/CRACKERS
VEGETABLE DRAGON PUNCH
FRESH BROCCOLI CUP
FRESH APPLE
SECOND CHOICE WOW PEANUT BUTTER &
JELLY SANDWICH
MILK

MINI CORN DOGS
POTATO SMILES
FRESH VEGGIE CUP OR MINI TOMATO CUP
CHEESE CUBES
ASSORTED APPLESAUCE CUPS
SECOND CHOICE WOW PEANUT BUTTER &
JELLY SANDWICH
MILK

AUGUST						
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SEPTEMBER						
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29	30					

OCTOBER						
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JANUARY						
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FEBRUARY						
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MARCH						
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APRIL						
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MAY						
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JUNE						
S	M	T	W	T	F	S
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7	8	9				

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