

September 2022 Vermilion Elementary School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			September 1	September 2
			Mini Waffles/Sausage Tater Tots Baby Carrots/Ranch Assorted Fruits or 100% Juice Choice of Milk	Domino's Pizza (Cheese or Pepperoni) <i>Local Greens Garden Salad</i> Steamed Corn Assorted Fresh & Canned fruits Choice of Milk
September 5	September 6	September 7	September 8	September 9
NO SCHOOL LABOR DAY	1. Soft Tacos - Beef & Cheese Soft flour shells, lettuce, salsa Fiesta Beans Steamed Corn Assorted Fruits or 100% Juice Choice of Milk	Bosco Cheesy Breadsticks Marinara Sauce <i>Local Greens Garden Salad</i> Assorted Fresh & Canned fruits Choice of Milk	French Toast Sticks/Syrup Fresh Broccoli/Ranch Dssg Hashbrown Cubes Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) <i>Local Greens Garden Salad</i> Baked French Fries Assorted Fresh & Canned fruits Choice of Milk
September 12	September 13	September 14	September 15	September 16
Breaded Chicken Sandwich French Fries Steamed Green Beans Assorted Fresh & Canned fruits Choice of Milk	Hot Dog/WG Bun Baked Beans Twister Fries Assorted Fruits or 100% Juice Choice of Milk	Creamy Macaroni & Cheese WG Muffin Steamed Broccoli Fresh Veggie Cup Assorted Fresh & Canned fruits Choice of Milk	Pancake Sausage Wrap Minis Tater Tots Baby Carrots/Ranch Assorted Fruits or 100% Juice Choice of Milk	Domino's Pizza (Cheese or Pepperoni) Steamed Corn <i>Local Greens Garden Salad</i> Assorted Fresh & Canned fruits Choice of Milk
September 19	September 20	September 21	September 22	September 23
Chicken Nuggets WG Muffin Steamed Broccoli Tater Tots Assorted Fresh & Canned fruits Choice of Milk	Macho Nachos WG corn tortilla chips, beef taco cheese sauce, lettuce, salsa Shredded lettuce, salsa, scrm Steamed Corn Assorted Fruits or 100% Juice Choice of Milk	Mozzarella Cheese Sticks Marinara Sauce <i>Local Greens Garden Salad</i> Assorted Fresh & Canned fruits Choice of Milk	Chicken (Tenders) & Waffle Rosemary Roasted Potatoes Baby Carrots/ Ranch Assorted Fruits or 100% Juice Choice of Milk	Fresh Baked Pizza (Cheese or Pepperoni) Baked Fries <i>Local Greens Garden Salad</i> Assorted Fresh & Canned fruits Choice of Milk
September 26	September 27	September 28	September 29	September 30
Popcorn Chicken WG rice California Veggies Steamed Corn Assorted Fresh & Canned fruits Choice of Milk	Hamburger or Cheeseburger WG Bun Baked Beans Fries Assorted Fruits or 100% Juice Choice of Milk	Bosco Cheesy Breadsticks Marinara Sauce <i>Local Greens Garden Salad</i> Assorted Fresh & Canned fruits Choice of Milk	French Toast Sticks/Syrup Baby Carrots/ Ranch Tater Tots Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) <i>Local Greens Garden Salad</i> Twister Fries Assorted Fresh & Canned fruits Choice of Milk
ALTERNATE MENU CHOICES:				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Yogurt Parfait 2. WG Banana Bread 3. Sunbutter Uncrustable 3. String Cheese 4. Assorted Deli Sandwiches	2. Yogurt Parfait 2. WG Muffin 3. Sunbutter Uncrustable 3. String Cheese 4. Assorted Deli Sandwiches	2. Yogurt Parfait 2. WG Banana Bread 3. Sunbutter Uncrustable 3. String Cheese 4. Assorted Deli Sandwiches	2. Yogurt Parfait 2. WG Muffin 3. Sunbutter Uncrustable 3. String Cheese 4. Assorted Deli Sandwiches	2. Yogurt Parfait/String Cheese 2. WG Banana Bread 3. Sunbutter Uncrustable 3. String Cheese 4. Assorted Deli Sandwiches

Lunch Price: \$2.75
Reduced Lunch: \$.40
Adult Lunch: \$4.35
 Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juice choice, and milk (1% unflavored, skim, or fat-free flavored). Students must **take a 1/2 cup serving of a fruit or a vegetable with lunch** lunch.

WG= whole grain

Local Greens Garden Salad featured on Wednesdays are made with hydroponic lettuce from local farms
 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

Menu subject to change without notice

This institution is an equal opportunity provider.