

Vermilion High Café



August 2022

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).
Students must take a 1/2c serving of a fruit or a vegetable with lunch.

Lunch Price: \$2.90
 Reduced Lunch: \$.40
 Adult Lunch: \$4.35

Welcome Back!

During the last school year, children and families benefitted from no-cost school meals for all students, made possible by permissions from USDA. Unfortunately, these permissions have expired. Vermilion Local School District and the Ohio Dept. of Education cannot extend permissions for no-cost meals for all students. School meals will still be available to all students; however, they will not be free to all students. Households may apply for free or reduced-price meal benefits on the Vermilion Local Schools website.

Prices for the 2022-23 School Year are:

Grades:	Breakfast	Lunch
Grades K-3	\$1.85	\$2.75
Grades 4-7	\$1.85	\$2.90
Grades 8-12	\$1.85	\$2.90
Reduced Price ALL grades	\$0.30	\$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 25	August 26
This institution is an equal opportunity provider. Menu subject to change without notice.			Crispy Popcorn Chicken WG Crackers Rosemary Roasted Potatoes Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Domino's Pizza Cheese or Pepperoni Tater Tots Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk
	August 29	August 30	August 31	September 1
Meatball Sub/Marinara topped w/ Mozzarella Local Greens Garden Salad Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Chicken Tenders WG Crackers Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Macho Nachos - Beef Taco over WG tortilla chips, cheese sauce lettuce, salsa, sour cream Fiesta Beans Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Oriental Rice Bowls Grilled or Popcorn Chicken w/ choice of sauce Steamed California Veggies Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk	Big Daddy Pizza: Cheese Pepperoni or Buffalo Chicken Pizza Steamed Corn Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk

Daily Meal Choices:

- Breaded Chicken Filet Sandwich
- Spicy Breaded Chicken Filet Sandwich
- Hamburger/Cheeseburger on Bun
- Cold Deli Sandwich
- Creamy Yogurt Parfait with Banana Bread
- PBJ Uncrustable/String Cheese/WG Crackers
- Assorted Lunch Salads (Vegetarian or Chicken Salad)
 (made with locally grown lettuces from OHIO farms)

Garden Fresh Entrée Salads:

- (made with locally grown lettuces from OHIO farms)
- Salad lunches come with a fruit or juice, a warm WG breadstick, steamed veggie selection, milk choice, & dressing
- Monday - Chicken Parmesan
- Tuesday - Oriental Chicken
- Wednesday - Chicken BLT
- Thursday - BBQ Chicken Salad
- Friday - Chef Salad

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.