

Vermilion High Café



September 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
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider. Menu subject to change without notice.			September 1	September 2
			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 Steamed Corn Assorted Fresh Veggies Assorted Fruits & 100% Juice Choice of Milk
September 5	September 6	September 7	September 8	September 9
NO SCHOOL LABOR DAY	Philly Sub - Chicken or Beef Sautéed Peppers & Onions Mozzarella Cheese Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Pasta Bar - Rotini w/ Meatballs Marinara/Alfredo/ChickenTenders WG Garlic Breadstick Local Greens Garden Salad Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Popcorn Chicken Dutch Waffle Hash Brown Cubes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) Baked Twister Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
September 12	September 13	September 14	September 15	September 16
Bosco Cheesy Breadsticks Marinara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Chipotle Burritos or Bowls: WG Rice, Chicken or Beef, Cheddar Cheese, Lettuce, Salsa Sour Cream Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Grilled Chicken Club Bag of Chips Steamed California Veggies Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Domino's Pizza (Cheese or Pepperoni) French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
September 19	September 20	September 21	September 22	September 23
Hot Dog/WG Bun/WG Crackers Chili & Cheese Toppings French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Chicken Parmesan Sub WG Chips Steamed Broccoli Assorted Fresh Veggies Assorted Fruits or 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	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Big Daddy Pizza: Cheese Pepperoni or Buffalo Chicken Steamed Corn Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
September 26	September 27	September 28	September 29	September 30
Toasted Cheese Sandwich Chili or Tomato Soup Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Fried Chicken Filet/WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Walking Tacos Doritos with Beef, Cheese, Lettuce, Salsa, sour cream Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Baked Macaroni & Cheese Bowls (w/ chili or buffalo chicken or plain) WG muffin Steamed Broccoli Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Marco's Pizza (Cheese or Pepperoni) French Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits 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 (Chef, Chicken, Vegetarian) (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
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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.