

January 2019 Lunch

This Institution is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENU SUBJECT TO CHANGE</p> <p>WHITE & CHOCOLATE SKIM MILK</p> <p>LACTOSE-REDUCE MILK AVAILABLE Upon parent request</p>	<p>1 NO SCHOOL</p>	<p>2 Breaded Chicken tender French Fries, Fresh carrots, Assorted Fruit, bread, Milk OPT. Rib pattie/bun Grade 7-12 Chef Salad</p>	<p>3 Beef spaghetti, Shredded cheese, Corn, lettuce, Assorted Fruit, bread, Milk OPT. BBQ pork/bun Grade 7-12 Chef Salad</p>	<p>4 Macaroni & Cheese, Cooked carrots, Lettuce, Assorted fruit, Bread, Milk</p> <p>OPT. Hot dog/bun Grade 7-12 Chef Salad</p>
<p>7 BBQ chicken/Bun, Lettuce, cauliflower, cheddar crackers Assorted Fruit, Milk</p> <p>OPT. Cheeseburger/bun</p> <p>Grade 7-12 Chef Salad</p>	<p>8 Chicken Enchilada, Tostito Chips, Corn, Lettuce, Assorted Fruit, Milk OPT. Pizza Grade 7-12 Chef Salad</p>	<p>9 Mini corn dog, baked beans, green beans, Assorted Fruit, Milk OPT. Rib pattie/bun Grade 7-12 Chef Salad</p>	<p>10 Breaded Pork chop, mashed potato, fresh broccoli, Assorted Fruit, bread, Milk OPT. Chicken fillet Grade 7-12 Chef Salad</p>	<p>11 Hamburger Chili/cheese, Cole Slaw, lettuce, Assorted Fruit, bread, Milk OPT. cheese burger/bun Grade 7-12 Chef Salad</p>
<p>14 Quesidilla, baked beans, cooked broccoli, Assorted Fruit, Milk OPT. Rib pattie/bun Grade 7-12 Chef Salad</p>	<p>15 Sweet & sour Chicken, Brown Rice, Fresh carrots, cauliflower, Assorted Fruit, Milk OPT. Pizza Grade 7-12 Chef Salad</p>	<p>16 Tuscan Chicken/Bun Cole Slaw, lettuce, Assorted Fruit, Milk OPT. sliced ham/cheese/bun Grade 7-12 Chef Salad</p>	<p>17 Meatballs/gravy, Mashed potato, spinach lettuce, Assorted Fruit, bread, Milk OPT Chicken fillet Grade 7-12 Chef Salad</p>	<p>18 Cheesy Beef Steak, rice pilaf, Lettuce, green beans, Assorted Fruit, bread, Milk Opt. Hot dog/bun Grade 7-12 Chef Salad</p>
<p>21 NO SCHOOL STAFF WORKSHOP</p>	<p>22 Beef Nachos/cheese, Tostito chips, tomatoes, Lettuce, Assorted Fruit, Milk OPT. Pizza Grade 7-12 Chef Salad</p>	<p>23 Tangerine Chicken, rice pilaf, corn, spinach lettuce, Assorted Fruit, Milk OPT. Sloppy Joe/bun Grade 7-12 Chef Salad</p>	<p>24 White Chicken Chili, shredded cheese, Lettuce, carrots, dinner roll, Assorted Fruit, Milk OPT. Chicken chomper Grade 7-12 Chef Salad</p>	<p>25 Mexicana Meatballs, Mashed potato, lettuce, Assorted Fruit, Bread, Milk OPT. Hot dog/bun Grade 7-12 Chef Salad</p>
<p>28 Chicken Kabob, Shredded cheese, Rice Pilaf, Lettuce, Fresh carrots, Assorted Fruit, Bread, Milk OPT. Cheeseburger/bun Grade 7-12 Chef Salad</p>	<p>29 Sloppy Joe/bun, corn, Baked beans, Assorted Fruit, Milk OPT. Buffalo chicken/bun Grade 7-12 Chef Salad</p>	<p>30 Crispito/cheese, broccoli, corn, Assorted Fruit, bread, Milk OPT. Baked Potato/cheese Grade 7-12 Chef Salad</p>	<p>31 Ham/turkey sub sandwich, lettuce, tomato, onion, Assorted Fruit, Milk</p> <p>OPT sloppy joe/bun Grade 7-12 Salad Bar</p>	<p><i>Menu Subject to Change Lactose-Reduce Milk Available Upon Parent Request</i></p>

Breads – WG

Lettuce-Romaine & Spinach

Breaded food items-WG

JANUARY 2019 Breakfast

VERNDALE PUBLIC SCHOOL MENU

818 PRE- K -12TH

This institution is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 2 hour late start Cooks choice assorted fruit, Milk	3 scrambled egg, 2 oz snack bread or Poptart/cheese stick, hash brown, fruit, Milk	4 donut or cereal, cheese stick Assorted Fruit, Milk
7 Stuffed bagel or Pancake bites, hash brown, fruit, milk	8 Breakfast bites or FRED Bar, assorted fruit, Milk	9 Benefit bar or waffle, assorted fruit, milk	10 Scrambled egg/toast or Pancake, assorted fruit, milk	11 Poptart or Cereal, cheese stick, Assorted fruit, Milk
14 4 oz. snack bread or strudel, assorted fruit, Milk	15 Egg Pattie w cheese slice/biscuit, or Benefit bar, hash browns, fruit, Milk	16 Omelet/toast or Pancakes, assorted fruit, Milk	17 Ham or sausage patty, cheese slice, English muffin potato cubes, fruit, Milk	18 Muffin or Cereal, cheese stick Assorted fruit, Milk
21 NO SCHOOL STAFF WORKSHOP	22 Breakfast pizza or Poptart & cheese stick, Assorted fruit, Milk	23 Yogurt, graham cracker or donut, Assorted fruit, Milk	24 Pancakes or FRED bar assorted fruit, Milk	25 Apple strudel or cereal, cheese stick, Assorted fruit, Milk
28 Pancake or 4 oz. snack Bread, potato cubes, Assorted fruit, Milk	29 Omelet/toast or funnel cake Assorted fruit, Milk	30 Sausage/cheese/biscuit or Benefit bar, assorted fruit, milk	31 Breakfast pizza or cinnis, assorted fruit, milk	30 Choice cereal, cheese stick Assorted Fruit, Milk

Menu Subject to Change

Lactose-Reduced Milk Available Upon Parent Request

