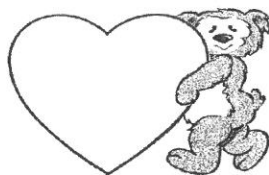


2019 February
Breakfast
Verndale Public
School #818



This Institution is an
Equal Opportunity
Provider

Pre-K- 12th grade

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1 Choice Cereal & hardboiled egg or cheese stick, assorted fruit, Milk
4 Waffles or pop tart & yogurt assorted fruit, Milk	5 choice of Ham/cheese or sausage/cheese English muffin, hash browns, fruit, Milk	6 2 hour late start Cooks choice	7 Cinnamon rolls or apple strudel, assorted fruit, Milk	8 cereal & cheese stick or filled bagel, assorted fruit, milk
11 Omelet/toast or FRED bar, assorted fruit, Milk	12 Breakfast sausage bites or pop tart/ yogurt, assorted fruit, Milk	13 Egg wrap or Benefit bar, assorted fruit, Milk	14 Strudel or Mini doughnuts, cheese stick, assorted fruit, milk	15 cereal & Cheese stick or FRED bar, assorted fruit, milk
18 No School	19 Breakfast pizza or 4 oz. snack bread assorted fruit, Milk	20 Long John or French toast, assorted fruit, Milk	21 Breakfast burrito, or pop tart & Cheese stick, salsa, fruit, milk	22 Cereal bar or honey grahams, yogurt, assorted fruit, Milk
25 Pancakes or Strudel, assorted fruit, milk	26 Egg pattie/biscuit or uncrustable sandwich/cheese stick assorted fruit, milk	27 Filled crescent or yogurt/ snack cracker, assorted fruit, milk	28 Egg wrap or stuffed bagel, assorted fruit, Milk	

Menu Subject to Change Lactose-Reduced Milk is Available Upon Parent Request
Milk choices offered daily - Milk served with all meals

February 2019 Lunch

Menu Subject to Change



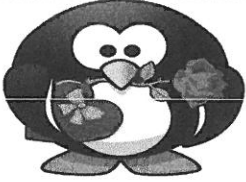
Lactose Reduced Milk Available Upon Parent Request-

Milk choices served daily-Milk served with all meals

VERNDALE PUBLIC SCHOOL MENU

818 PRE- K -12TH

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Monday	Tuesday	Wednesday	Thursday	Friday
			SPECIAL VALENTINE MEAL RIDDLE	1 Chicken enchilada/chips Pork Rib Pattie/bun, Lettuce, Spinach, Corn, Assorted Fruit, Milk Grade 7-12 Salad Bar
4 Breaded Pork Chop or Polish sausage/bun, mashed potato, lettuce, bread, Assorted Fruit, Milk Grade 7-12 Salad Bar	5 Grilled Cheese or Grilled Chicken fillet/bun, Chicken wild rice soup, fresh carrots, lettuce, Assorted Fruit, Milk Grade 7-12 Salad Bar	6 Chicken Drumstick or Pizza, scalloped potatoes, cherry tomato, Assorted Fruit, Bread, Milk Grade 7-12 Salad Bar	7 Tater tot Hot dish, Cottage cheese or mini corn dogs, Coleslaw, spinach lettuce, Assorted fruit, Bread, Milk Grade 7-12 Salad Bar	8 Tuscan Chicken/bun or Cheeseburger/bun, Baked beans, corn, Assorted Fruit, Milk Grade 7-12 Salad Bar
11 Santa Fe Fajita chicken Wrap or Pizza, Santa Fe salsa lettuce cheese and corn mix, baked beans, assorted Fruit, bread, Milk Grade 7-12 Salad Bar	12 Beef Stew, cottage cheese or mini corn dogs, Lettuce, fresh cauliflower, assorted Fruit, Bread, Milk Grade 7-12 Salad Bar	13 French toast sticks/syrup sausage patty, cheese stick or cheeseburger/bun, potato cubes Fresh carrots, assorted fruit, milk Grade 7-12 Salad Bar	14 <i>Valentine Riddle Meal</i> You are o fish ally an awesome friend or Let's stick together, you scoop me off my ta toes, let us be friends, you mean a great dill to me, I like you berry much, We make a great pear, Your my honey bun, milky way Grade 7-12 Salad Bar	15 Beef or chicken taco wrap, Shredded Cheese, shredded lettuce, tomato, corn, Assorted Fruit, Milk Grade 7-12 Salad Bar
18 NO SCHOOL	19 Chicken Nacho cheese, Tostito chips or Chili/chips, lettuce, fresh carrots, assorted fruit, milk Grade 7-12 Salad Bar or Parfait	20 Spaghetti, shredded cheese or mini corn dogs, corn, green beans, assorted fruit, bread, milk Grade 7-12 Salad Bar or parfait	21 Cheeseburger/bun, or Breaded chicken fillet/bun, lettuce, baked beans, assorted Fruit, Milk Grade 7-12 Salad Bar or Parfait	22 Turkey Sub /cheese or BBQ Pork/bun, tomato soup, Lettuce, Tomato, Onion, dill pickle, Assorted Fruit, Milk Grade 7-12 Salad Bar
25 Hot Dog/bun or chicken nuggets, French fries, baked beans, bread, Assorted Fruit, Milk Grade 7-12 Salad Bar or parfait	26 Sweet & Sour Chicken or meatloaf, Rice, stir fry veggies, Fresh Cauliflower, Assorted Fruit, Milk Grade 7-12 Salad Bar or parfait	27 Lasagna, shredded cheese or Pizza, Lettuce, Carrots, Assorted Fruit, Bread, Milk Grade 7-12 Salad Bar or parfait	28 Grilled Lime Chicken/bun or Cheeseburger/bun, Tomato, lettuce, Baked beans, Assorted Fruit, Milk Grade 7-12 Salad Bar or Parfait	