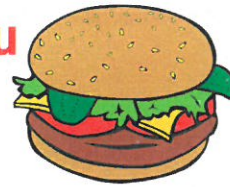




March 2019 Menu

Verndale School District #818
www.verndaleschool.org



Lunch

Breakfast: \$0.75 Lunch (K-6) \$2.05 (7-12) \$2.15 Milk: \$0.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Crunchy chicken tenders or Fish nugget wrap, shredded cheese, broccoli slaw, tomatoes, corn, Assorted fruit, Milk Grade 7-12 Chef Salad or parfait
4	5	6	7	8
Buffalo Chicken/bun or chicken chompers, Tomatoes, cooked cheesy Broccoli cauliflower, cheddar crackers, assorted fruit, milk Grade 7-12 Chef salad or Parfait	Creamed chicken/biscuit or Chilli/cheese/biscuit, green beans, fresh carrots, Assorted fruit, Milk Grade 7-12 Chef salad or Parfait	Grilled cheese sandwich or BBQ pork/bun, tomato soup, cole slaw, celery sticks, assorted fruit, milk Grade 7-12 Chef salad or Parfait	Breaded chicken pattie or Pork rib patty, cooked carrots, lettuce, assorted fruit, bread, milk Grade 7-12 Chef salad or Parfait	Fish Patty/bun or Beef taco/chips/shredded cheese, corn, lettuce, tomato assorted fruit, milk Grade 7-12 Chef salad or Parfait
11	12	13	14	15
Breaded Pork Chop or Chicken fillet, Mashed potato/gravy, green beans, assorted fruit, bread, milk Grade 7-12 Chef salad or Parfait	Beef or Chicken Nacho, Tortilla chips, shredded cheese, refried beans, lettuce, Assorted fruit, Milk Grade 7-12 Chef salad or Parfait	French toast sticks/syrup/sausage, or Deli sandwich, hash browns, Fresh carrots, assorted fruit, milk GRADE 7-12 Salad bar or Parfait	Teriyaki Chicken or BBQ pork/bun, brown rice, cole slaw, fresh carrots, assorted fruit, milk Grade 7-12 Chef salad or Parfait	NO SCHOOL
18	19	20	NEW RECIEPE 21	22
Cheeseburger/bun or Breaded Chicken Pattie/bun, Lettuce, Baked beans, Assorted fruit, Milk Grade 7-12 Chef salad or Parfait	Choice of pizza day, cheese, peperoni or sausage, fresh carrots, green beans, assorted fruit, MilkGrade 7-12 Chef salad or Parfait	Cheesy beef steak or Chicken alfrado, cheese sauce, brown rice, cherry tomato, celery sticks, assorted fruit, milk	Buffalo chicken wrap or popcorn chicken wrap, shredded cheese, lettuce, corn, assorted fruit, Milk Grade 7-12 Chef salad or Parfait	Turkey sub or Tuna sandwich, Cheese slice, Soup, Lettuce, tomato, onion, fresh carrots, Assorted fruit, Milk Grade 7-12 Chef salad or parfait
25	26	Wednesday Wing Day! 27	28	29
Crispito/cheese or Hot dog/bun, baked potato, cooked broccoli, Assorted fruit, bread, milk Grade 7-12 Chef salad or Parfait	Meatballs\gravy, or Chicken nuggets, Mashed potatoes, celery sticks, radish, assorted fruit, bread, milk Grade 7-12 Chef salad or Parfait	Chicken chompers/variety of sauces or Cheeseburger/bun, onion rings, fresh carrots & broccoli, Assorted Fruit, Milk Grade 7-12 Chef salad or Parfait	Polish sausage\bun or cheese pizza, Baked beans, celery sticks, assorted fruit, Milk, Grade 7-12 Chef salad or Parfait	Mac & Cheese or Taco Joe/bun, Cooked carrots, lettuce, radish, assorted fruit, MilkGrade 7-12 Chef salad or Parfait

All students are required by USDA to take a minimum of 3 components of meals offered, with one of the components being a fruit, juice, or vegetable. Please direct any questions to vthompson@vps.verndale.k12.mn.us

In accordance with the Federal law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability and reprisal/retaliation for prior civil rights activity. To file a complaint, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call toll free (866) 632-9992 (voice and TDD). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). This institution is an Equal Opportunity Provider



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Verndale School District #818
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Breakfast

Breakfast: \$0.75 Lunch (K-6) \$2.05 (7-12) \$2.15 Milk: \$0.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				FRED bar or cereal/cheese stick, assorted fruit, milk
4	5	6	7	8
Ham or sausage pattie, cheese slice, 2 oz bisuit, assorted fruit, milk	Waffles or mini cinnis, assorted fruit, milk	2 hour late start cooks choice	Long John, or 2 oz snack bread/hard boiled egg, assorted fruit, milk	Choice cereal, cheese stick, assorted fruit, milk
11	12	13	14	15
French toast or bagel, assorted fruit, milk	Egg Pattie/toast or crescent , assorted fruit, milk	Yogurt/graham cracker pkg or cereal/yogurt, assorted fruit, milk	Pancakes or benefit bar, assorted fruit, milk	NO SCHOOL
18	19	20	21	22
Breakfast pizza or uncrustable sandwich/cheese stick, assorted fruit, milk	Omelet/toast or cereal/toast, assorted fruit, milk	Pancakes or benefit bar, assorted fruit, milk	Egg Pattie/toast or Poptart/Cheese stick, assorted fruit, milk	Cereal/cheese stick or 4 oz snack bread, assorted fruit, milk
25	26	27	28	29
Mini doughnuts or pancakes, assorted fruit, milk	Omelet/toast or poptart/cheese stick, assorted fruit, milk	Breakfast wrap or 4 oz snack bread, assorted fruit, milk	Bosco stick or benefit bar, assorted fruit, milk	Strudel or crecent, assorted fruit, milk

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