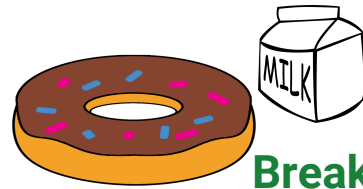




**MAY 2019**

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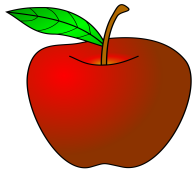
**Breakfast**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 2 hour late start cooks choice assorted fruit, milk	<b>2</b> Mini Dounut or Egg Wrap & toast, Assorted fruit & milk	<b>3</b> Cooks choice, assorted fruit, milk
<b>6</b> French toast or Strudel, assorted fruit, milk	<b>7</b> Breakfast egg & cheese biscuit or FRED bar, assorted fruit, milk	<b>8</b> P&J uncrustable or Egg wrap, Assorted fruit, milk	<b>9</b> Donut or poptart/yogurt, assorted fruit, milk	<b>10</b> Cooks choice, assorted fruit, milk
<b>13</b> Breakfast Pizza or 4oz snack bread, assorted fruit, milk	<b>14</b> Breakfast sausage bites or cereal & yogurt, assorted fruit, milk	<b>15</b> French toast or cereal & cheese stick, assorted fruit, milk	<b>16</b> Strudel or Mini doughnuts, assorted fruit, milk	<b>17</b> Cooks choice, assorted fruit, milk
<b>20</b> Ham /cheese english muffin, or P&J uncrustable, assorted fruit, milk	<b>21</b> Egg wrap or Benefit bar, assorted fruit, milk	<b>22</b> Cooks choice, assorted fruit, milk	<b>23</b> Cooks Choice, assorted fruit, milk	<b>24</b> Cooks choice, assorted fruit, milk
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

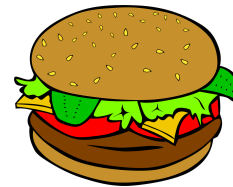
All students are required by USDA to take a minimum of 3 components of meals offered, with one of the components being a fruit, juice, or vegetable. Please direct any questions to [vtompson@vps.verndale.k12.mn.us](mailto:vtompson@vps.verndale.k12.mn.us)

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



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**Lunch**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
<b>Congratulate a Senior Month!!</b>		<b>Seniors: James, Minette, Tate</b> Beef or chicken Taco/shredded cheese, Fresh carrots, Green beans, assorted fruit, milk Grade 7-12 Salad bar or Parfait	<b>Seniors: Molly, Autumn, Leah</b> Grilled Cheese or Grilled Chicken Fillet,/bun, tomato soup, Cauliflower/radish mix, Lettuce, assorted fruit, milk Grade 7-12 Salad bar or Parfait	<b>Seniors: Haylee, Nick, Mardi</b> Cooks choice, Spinach lettuce, tomato, assorted fruit, milk Grade 7-12 Salad bar or Parfait
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Seniors: Mason, Samara, Sampson</b> Mac & Cheese or Beef Taco/Wrap, Lettuce, Corn, assorted fruit, milk Grade 7-12 Salad bar or Parfait	<b>Seniors: Morgan, Kiya, Sam</b> Cheesy beef steak or Chicken alfredo, Peas, Fresh carrots, assorted fruit, bread, Milk Grade 7- 12 Salad bar or Parfait	<b>Seniors: Brianna, Skyler, Michelle</b> Meatballs/gravy, or Tuscan Chicken/bun, mashed potato, Cole Slaw, Lettuce, assorted fruit, bread, Milk Grade 7-12 Salad bar or Parfait	<b>Seniors: Quinn, Jarret, Allison</b> Bosco stick/pizza sauce or chicken nuggets, Baked Beans, Celery Sticks, Assorted Fruit, Milk Grade 7-12 Salad bar or Parfait	<b>Seniors: Benson, Kristen, Autumn</b> Cooks Choice, Lettuce, Fresh carrots, Assorted fruit, Bread, Milk Grade 7- 12 Salad bar or Parfait
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Seniors: Savana, Thomas, Aaron</b> Beef or Chicken Nacho, chips, Lettuce, Tomato, Assorted fruit, milk Grade 7-12 Salad bar or Parfait	<b>Seniors: Darian, Meadow, Anthony</b> Spaghetti/cheese or mini corndogs, Fresh Carrots, Green Beans, assorted fruit, milk 7-12 Salad bar or Parfait	<b>Seniors: Matthew, Hunter, Matthew</b> Breakfast Sausage or Ham, Cheese stick, mini pancakes, Hash browns, fresh celery, califlower, radish mix, assorted fruit, milk 7-12 Salad bar or Parfait	<b>Seniors: Imogen, Alyssa, Jared</b> Crispito/cheese sauce or Baked potato/cheese sauce, Lettuce, broccoli, assorted fruit, bread, milk 7-12 Salad bar or Parfait	<b>Seniors: Brocten, Brayden, Daryl, Jackson</b> Cooks Choice, Corn, Lettuce, assorted fruit, bread, milk 7-12 Salad bar or Parfait
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Lasagna/shredded cheese or Fish Bites, Fresh carrots, Green beans, assorted fruit, bread, milk Grade 7-12 Salad bar or Parfait	Breaded Chicken Pattie/bun or Cheeseburger/bun, Lettuce, Corn, assorted fruit, Milk Grade 7-12 Salad bar or Parfait	Cooks Choice, baked beans, Celery sticks, assorted fruit, Bread, Milk	Cooks Choice, peas, Fresh carrots, assorted fruit, bread, Milk	<b>Last Day of School- Graduation 7:00pm</b> Turkey or Ham Sub Sandwich, tomato, lettuce, onion, Dill pickle, tostios, assorted fruit, Milk
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

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