

Vernonia School District Lunch Menu

September 2016

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | USDA AND THE STATE OF OREGON ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS |
|--|--|--|-----------------------|--|-----------------------|---|-----------------------|---------------------------------------|-----------------------|--|
| Special Notice!! Please Read: Menu Items Are Subject To Change Due To Cooks Day!! IF ENTREE IS MARKED WITH * IT WILL ONLY BE SERVED TO GRADES 3rd THRU 12th | | | | | | | | | | |
| | | | | | | | 1 | | 2 | |
| | | | | | | | | | | Every Day Lunch Menu Items: |
| | | | | | | | | | | ••Mixed Green Salad |
| | | | | | | | | | | ••Fresh and Canned Fruit |
| | | | | | | | | | | ••Raw and or Cooked Veggies |
| | | | | | | | | | | ••K-5 Peanut Butter & Jelly Sandwich and Cheese Stix |
| | | | | | | | | | | ••Vegetarian Choice - Pre-Arranged |
| | | | | | | | | | | ••Crackers or Croutons |
| | | | | | | | | | | ••Fat Free Chocolate Milk |
| | | | | | | | | | | ••Low Fat Milk |
| | | | | | | | | | | Entree Marked with PK stands for Pork |
| | | | | | | | | | | Pre-Order - Guaranties product on pre-packaged meals. Order in the morning, in the kitchen. |
| | | | | | | | | | | Monday - Thursday Only 8th - 12th Grade |
| | | | | | | | | | | Pre-Packed Entree's for a full Lunch Only |
| | | | | | | | | | | Turkey & Cheese or Ham & Cheese Sandwich, Grapes and Milk |
| | | | | | | | | | | Pre-Packaged Salad - Hummus Platter and Milk |
| | | | | | | | | | | Staff may request Pre-Packaged Entree's for Friday |
| | | | | | | | | | | Blue is offered with all meals |
| | | | | | | | | | | Breakfast Served Daily 7:30 am |
| | | | | | | | | | | •Assorted Cereal & Milk |
| | | | | | | | | | | •Canned Fruit and Assorted Juice |
| | | | | | | | | | | •Toast (T-W-F) Muffin (M & TH) or Gold Fish Grahams. A choice of one with cereal. |
| | | | | | | | | | | Monday – Breakfast Bar and Hash- brown or Breakfast Burrito & Hashbrown |
| | | | | | | | | | | Tuesday – Breakfast Pizza |
| | | | | | | | | | | Wednesday – Egg, Cheese & Ham on a English muffin or Sausage & Cheese on a English Muffin |
| | | | | | | | | | | Thursday – French Toast Sticks & Sausage |
| | | | | | | | | | | Friday – Bagel and Yogurt - Boiled Egg and English Muffin or Oatbar Bar & Yogurt |
| 5 | | 6 | | 7 | | 8 | | 9 | | |
| No School | | Orientation for 6th, 9th, New & FES | | Cheese Pull Aparts Oat Bar & Yogurt | | BBQ Pulled Pork on a Bun Mini Corndogs | | Pizza (Pepperoni PK) Tuna Sandwich | | |
| | | | | Chicken Nuggets | | Chicken Taco Fundle (3rd-12th only) | | Chicken Burger | | |
| Labor Day | | Breakfast Only Today It will be available until 11am | | | | | | | | |
| | | | | Potato Soup (PK) | | Smillie-Tot's k- 5 / JoJo's | | Cookie | | |
| 12 | | 13 | Outdoor School | 14 | Outdoor School | 15 | Outdoor School | 16 | Outdoor School | |
| Teriyaki Chicken over Rice | | Country Sausage Gravy over Whipped Potatoes & Wheat Roll | | Taco Bar | | Penna & Meat Sauce and Garlic Bread | | Pizza (Pepperoni PK) | | |
| Popcorn Chicken | | Chicken Nuggets | | Beef & Bean Burrito | | Popcorn Chicken | | Tuna Sandwich | | |
| *BBQ Rib Sub (3rd-12th Only)PK | | K-5 Fish Grahams, Yogurt & Cheese Stix | | Popcorn Chicken | | *BBQ Rib Sub (3rd-12th Only)PK | | Chicken Burger | | |
| Baked Beans | | Ravioli & Wheat Roll | | Mexi Rice & Beans | | Green Beans | | Cookie | | |
| 19 | | 20 | | 21 | | 22 | | 23 | | |
| Chicken Quesadilla | | Pot Roast Gravy over Whipped Potatoes & Wheat Roll | | Philly Steak with Cheesesauce | | Turkey Alfredo & Garlic Bread | | Pizza (Pepperoni PK) | | |
| Popcorn Chicken | | Chicken Nuggets | | Mini Corndogs | | Popcorn Chicken | | Tuna Sandwich | | |
| Beef & Bean Burrito | | Oat Bar & Yogurt | | Taco Fundle (3rd-12th only) | | *BBQ Rib Sub (3rd-12th Only)PK | | Chicken Burger | | |
| *BBQ Rib Sub (3rd-12th Only) PK | | Roasted Carrots | | Smillie-Tot's k- 5 / JoJo's | | Green Beans | | Cookie | | |
| 26 | | 27 | | 28 | | 29 | | 30 | | |
| Nacho Bar | | Grilled Cheese Sandwich | | Country Fried Steak, Potatoes Gravy & Roll | | Mac & Cheese & Bread Stix | | Pizza (Pepperoni PK) | | |
| Popcorn Chicken | | Popcorn Chicken | | Chicken Nuggets | | Popcorn Chicken | | Tuna Sandwich | | |
| Beef & Bean Burrito | | *Hot Ham Cheese Pocket (3rd-12th only) PK | | Bean & Cheese Fundle (3rd-12th only) | | *BBQ Rib Sub (3rd-12th Only)PK | | Chicken Burger | | |
| Baked Beans | | Tomato Soup | | Corn | | Baked Beans | | Cookie | | |