

Vernonia School District Lunch Menu

October 2018

Monday		Tuesday		Wednesday		Thursday		Friday		USDA AND THE STATE OF OREGON ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS
1		2		3		4		5		Every Day Lunch Menu Items:
Cheese Pull Aparts		BBQ Pulled Pork on a Bun		Teriyaki Chicken over Rice		Penna & Meat Sauce and Garlic Bread		Cheese Pizza & (Pepperoni PK)		••Mixed Green Salad
Popcorn Chicken		Mini Corndogs		Popcorn Chicken		Popcorn Chicken		Tuna Sandwich		••Fresh and Canned Fruit
*BBQ Rib Sub (3rd-12th Only)PK		*Ham Cheese Pocket (3rd-12th only) PK		*Pizza Pocket (4th-12th Only)PK		*BBQ Rib Sub (3rd-12th Only)PK		Chicken Burger		••Raw and or Cooked Veggies
Potato Soup (PK)		K-5 Smillie-Tot's 6th-12th JoJo's		K-5 Oat Bar & Yogurt						••Crackers or Croutons
8		9		10		11		12		**Cheeseburger
Nacho Bar		Meatloaf, Mashed Potato's Gravy and Roll		Grilled Cheese Sandwich		Cheese Pizza & (Pepperoni PK)				••K-5 PBJ and Cheese Stick
K-5 Bean & Cheese Burrito 6th-12th Beef & Bean Burrito		Popcorn Chicken		Chicken Nuggets		Tuna Sandwich				••Vegetarian Choice - Pre-Arranged
Popcorn Chicken		K-5 Oat Bar & Yogurt		*Pizza Pocket (4th-12th Only)PK		Chicken Burger		No School		••Fat Free Chocolate Milk
Baked Beans		*Pizza Pocket (3rd-12th only) PK								••Low Fat Milk
15		16		17		18		19		Entree Marked with PK stands for Pork
Chicken Quesadilla		Turkey Gravy, Whipped Potato & Roll		Mac & Cheese & Bread Stix		Cheese Pizza & (Pepperoni PK)				Pre-Order - Guaranties product on pre-packaged meals. Order in the morning, in the kitchen.
Popcorn Chicken		Chicken Nuggets		Chicken Nuggets		Tuna Sandwich		No School		Monday-Thursday 8th-12th Grade
K-5 Bean & Cheese Burrito 6th-12th Beef & Bean Burrito		*Pizza Pocket (4th-12th Only)PK		*BBQ Rib Sub (3rd-12th Only)PK		Chicken Burger				Pre-Packaged Entree's for a full Lunch Only
*BBQ Rib Sub (3rd-12th Only)PK		K-5 Fish Grahams,Yogurt & Cheese Stix								Turkey & Cheese or Ham & Cheese Sandwich, Grapes and Milk
Mexi Rice & Beans		Corn		Green Beans		Cookie				Pre-Packaged Salad - Hummus Platter and Milk
22		23		24		25		26		Staff may request Pre-Packaged Entrees for Friday
Teriyaki Chicken over Rice		Taco Bar		Turkey Alfredo & Garlic Bread		Country Fried Chicken, Potatoes Gravy & Roll		Cheese Pizza & (Pepperoni PK)		Blue is offered with all meals
Popcorn Chicken		Popcorn Chicken		Popcorn Chicken		Popcorn Chicken		Tuna Sandwich		Breakfast Served Daily 7:30 am
*BBQ Rib Sub (3rd-12th Only)PK		K-5 Bean & Cheese Burrito 6th-12th Beef & Bean Burrito		*Ham Cheese Pocket (3rd-12th only) PK		*Pizza Pocket (4th-12th Only)PK		Chicken Burger		•Assorted Cereal & Milk
K-5 Oat Bar & Yogurt						K-5 Fish Grahams,Yogurt & Cheese Stix				•Canned Fruit and Assorted Juice
Baked Beans		Mexi Rice & Beans		Green Beans		Corn		Cookie		•Toast (T-W-F) Muffin (M & TH) or Goldfish Grahams. A choice of one with cereal.
29		30								Monday - Breakfast Bar and Hashbrown or Breakfast Burrito & Hashbrown
Cheese Pull Aparts		BBQ Pulled Pork on a Bun								Tuesday - Breakfast Pizza
Popcorn Chicken		Mini Corndogs								Wednesday - Egg, Cheese & Ham on a English Muffin or Sausage & Cheese on a English Muffin
*BBQ Rib Sub (3rd-12th Only)PK		*Ham Cheese Pocket (3rd-12th only) PK								Thursday - French Toast Sticks & Sausage
Potato Soup (PK)		K-5 Smillie-Tot's 6th-12th JoJo's								Friday - Bagel and Yogurt - Boiled Egg and English Muffin or Oat Bar & Yogurt