

Vernonia School District Lunch Menu

September 2018

Monday		Tuesday		Wednesday		Thursday		Friday		USDA AND THE STATE OF OREGON ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS
3		4		5	1st thru 12th	6	All Kido's	7		Every Day Lunch Menu Items:
				Teriyaki Chicken over Rice		BBQ Pulled Pork on a Bun		Cheese Pizza & (Pepperoni PK)		••Mixed Green Salad
				Popcorn Chicken		Mini Corndogs		Tuna Sandwich		••Fresh and Canned Fruit
Labor Day - No School		6th, 9th, New Students & FES		*BBQ Rib Sub (3rd-12th Only)PK		*Ham Cheese Pocket (3rd-12th only) PK		Chicken Burger		••Raw and or Cooked Veggies
				K-5 Oat Bar & Yogurt						••Crackers or Croutons
		Breakfast only today, Served until 11am		Baked Beans		K-5 Smillie-Tot's 6th-12th JoJo's		Cookie		**Cheeseburger
10		11	Outdoor School	12	Outdoor School	13	Outdoor School	14	Outdoor School	••K-5 PBJ and Cheese Stick
Nacho Bar		Grilled Cheese Sandwich		Penna & Meat Sauce and Garlic Bread		Sweedish Meatballs & Whipped Potato - Roll		Cheese Pizza & (Pepperoni PK)		••Vegetarian Choice - Pre-Arranged
K-5 Bean & Cheese Burrito		Chicken Nuggets		Popcorn Chicken		Chicken Nuggets		Tuna Sandwich		••Fat Free Chocolate Milk
6th-12th Beef & Bean Burrito		Pizza Pocket (4th-12th Only)PK		*BBQ Rib Sub (3rd-12th Only)PK		K-5 Fish Grahams,Yogurt & Cheese Stix		Chicken Burger		••Low Fat Milk
Popcorn Chicken										Entree Marked with PK stands for Pork
										Pre-Order - Guaranties product on pre-packaged meals. Order in the morning, in the kitchen.
Baked Beans		Tomato Soup		Green Beans		Corn		Cookie		Monday-Thursday 8th-12th Grade Pre-Packaged Entree's for a full Lunch Only
17		18		19		20		21		Turkey & Cheese or Ham & Cheese Sandwich, Grapes and Milk
Chicken Quesadilla		BBQ Pulled Pork on a Bun		Mac & Cheese & Bread Stix		Turkey Gravy, Whipped Potato & Roll		Cheese Pizza & (Pepperoni PK)		Pre-Packaged Salad - Hummus Platter and Milk
Popcorn Chicken		Mini Corndogs		Chicken Nuggets		Chicken Nuggets		Tuna Sandwich		
K-5 Bean & Cheese Burrito		*Ham Cheese Pocket (3rd-12th only) PK		*BBQ Rib Sub (3rd-12th Only)PK		Pizza Pocket (4th-12th Only)PK		Chicken Burger		Staff may request Pre-Packaged Entrees for Friday
6th-12th Beef & Bean Burrito						K-5 Fish Grahams,Yogurt & Cheese Stix				
*BBQ Rib Sub (3rd-12th Only) PK										
Mexi Rice & Beans		K-5 Smillie-Tot's 6th-12th JoJo's		Green Beans		Corn		Cookie		
24		25		26		27		28		Blue is offered with all meals
Teriyaki Chicken over Rice		Taco Bar		Turkey Alfredo & Garlic Bread		Country Fried Chicken, Potatoes Gravy & Roll		Cheese Pizza & (Pepperoni PK)		Breakfast Served Daily 7:30 am
Popcorn Chicken		Popcorn Chicken		Popcorn Chicken		Popcorn Chicken		Tuna Sandwich		•Assorted Cereal & Milk
*BBQ Rib Sub (3rd-12th Only)PK		K-5 Bean & Cheese Burrito		*Ham Cheese Pocket (3rd-12th only) PK		Pizza Pocket (3rd-12th Only)PK		Chicken Burger		•Canned Fruit and Assorted Juice
K-5 Oat Bar & Yogurt		6th-12th Beef & Bean Burrito				K-5 Fish Grahams,Yogurt & Cheese Stix				•Toast (T-W-F) Muffin (M & TH) or Goldfish Grahams. A choice of one with cereal.
Baked Beans		Mexi Rice & Beans		Green Beans		Corn		Cookie		Monday - Breakfast Bar and Hashbrown 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 Oat Bar & Yogurt
