

Vernonia School District Lunch Menu

January 2019

Monday					Tuesday					Wednesday					Thursday					Friday					USDA AND THE STATE OF OREGON ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS
7					8					9					10					11					Every Day Lunch Menu Items:
Cheese Pull Apart Popcorn Chicken					Nacho Bar Popcorn Chicken					Meatloaf, Mashed Potato's Gravy and Roll Chicken Nuggets					Cheese Pizza & Pepperoni (PK) Pizza Tuna Sandwich										••Mixed Green Salad
*BBQ Rib Sub (4th-12th Only)PK					K-5 Bean & Cheese Burrito 6th-12th Beef & Bean Burrito					*Pizza Pocket (4th-12th Only) PK					Chicken Burger & Spicy Chicken Burger					No School					••Fresh and Canned Fruit
Potato Soup (PK)					Mexi Rice & Beans					Corn					Cookie										••Raw and or Cooked Veggies
14					15					16					17					18					••Crackers or Croutons
Teriyaki Chicken over Rice Popcorn Chicken					Taco Bar Popcorn Chicken					Penne & Meat Sauce & Bread Stick Popcorn Chicken					Turkey Gravy, Whipped Potatos & Roll Chicken Nuggets					Cheese Pizza & Pepperoni (PK) Pizza Tuna Sandwich					••Cheeseburger
*Ham Cheese Pocket (4th-12th)PK					K-5 Bean & Cheese Burrito 6th-12th Beef & Bean Burrito					*BBQ Rib Sub (4th-12th Only) PK					*Pizza Pocket (4th-12th Only)PK					Chicken Burger & Spicy Chicken Burger					••K-5 PBJ and Cheese Stick
Baked Beans (PK)					Mexi Rice & Beans					Green Beans					Corn					Cookie					••Vegetarian Choice - Pre-Arranged
21					22					23					24					25					••Fat Free Chocolate Milk
NO SCHOOL					BBQ Pulled Pork on a Bun Mini Corndogs *Ham Cheese Pocket (4th-12th) PK					Mac & Cheese & Bread Stick Chicken Nuggets *BBQ Rib Sub (4th-12th Only)PK					Cheese Pizza & Pepperoni(PK) Pizza Tuna Sandwich Chicken Burger & Spicy Chicken Burger					NO SCHOOL					••Low Fat Milk
					K-5 Smillie-Tot's 6th - 12th JoJo's					Baked Beans					Cookie										Entree Marked with PK stands for Pork
28					29					30					31										Lunch Pre-Orders by 8:30 AM
Chicken Quesadilla					K-5 Orange Chicken over Rice 6th-12th General Tso Chicken over Rice					Turkey Alfredo & Bread Stick					Country Fried Steak & Gravy Whipped Potatos, & Roll										Monday-Thursday 8th-12th Grade
Popcorn Chicken					Chicken Fingers					Popcorn Chicken					Popcorn Chicken										Monday- Friday Staff
K-5 Bean & Cheese Burrito 6th-12th Beef & Bean Burrito					K-5 Oat Bar & Yogurt					*Ham & Cheese Pocket (4th-12th)PK					*Pizza Pocket (4th-12th Only)PK										Entrees for a Full Lunch Only Pre-Packaged Salad or Hummus Platter with Milk or Water
Mexi Rice & Beans										Green Beans					Corn										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 Goldfish Grahams. A choice of one with cereal.
																									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