Vernonia School District Lunch Menu

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	**3** NO SCHOOL	**4** NO SCHOOL	**5** NO SCHOOL	**6** NO SCHOOL
9 Continental Breakfast Served 7:30 am to 8:00 am Cold Cereals, Bagels, Donuts Milk, Juice & Fruit	**10** Orange Chicken & WG Rice Chicken Fingers Brocolli	**11** Mac & Cheese & WG Breadstick Popcorn Chicken BBQ Rib Sub (PK) 4-12 Only Baked Beans	**12** Turkey & Gravy, Whipped Potatoes & WG Roll Chicken Nuggets Ham & Cheese Pocket (PK) 4-12 Only Green Beans	**13** Cheese or Pepperoni (PK) Pizza Tuna Sandwich Chicken Burger or Spicy Chicken Burger Chocolate Chip Cookie
16 Cheese Pull Aparts Popcorn Chicken Pizza Pocket (PK) 4-12 Only Potato Soup	**17** Taco Bar Chicken Nuggets Bean & Cheese Burrito Mexi Rice & Beans	**18** Turkey Alfredo & WG Breadstick Popcorn Chicken BBQ Rib Sub (PK) 4-12 Only Green Beans	**19** Oven Chicken, Turkey Gravy, Whipped Potatoes & WG Roll Chicken Nuggets Ham & Cheese Pocket (PK) 4-12 Only Corn	**20** Cheese or Pepperoni (PK) Pizza Tuna Sandwich Chicken Burger or Spicy Chicken Burger Chocoalte Chip Cookie
23 Nacho Bar Popcorn Chicken Bean & Cheese Burrito Mexi Rice & Beans	**24** Teriyaki Chicken & WG Rice Chicken Nuggets Pizza Pocket (PK) 4-12 Only Baked Beans	**25** Penne Pasta & WG Breadstick Popcorn Chicken BBQ Rib Sub (PK) 4-12 Only Green Beans	**26** Country Fried Steak, Country Gravy, Whipped Potatoes & WG Roll Chicken Nuggets Ham & Cheese Pocket (PK) 4-12 Only Corn	**27** Cheese or Pepperoni (PK) Pizza Tuna Sandwich Chicken Burger or Spicy Chicken Burger Chocolate Chip Cookie
30 BBQ Pulled Pork (PK) Sandwich Mini Corn Dogs K-5 Smileys 6-12 Jo Jo's				

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Every Day Lunch Menu Items:

••Mixed Green Salad
••Fresh and Canned Fruit
••Raw and/or Cooked Veggies
** Croutons
**Cheeseburger
••K-5 PBJ and Cheese Stick
••Fat Free Chocolate Milk
••Low Fat White Milk

Entree Marked with PK stands for Pork

Pre-Order by 8:30 AM in the kitchen

Entree's for a full Lunch Only

Salad to Go

Special Diet Requests - Pre Arranged

Breakfast - $1.65 all students/$2.10 adults

Lunch - $2.75 Elem, $3.05 MS, $3.25 HS, $3.95 Adults

Blue is offered with all meals

Breakfast Served: M,T,Th, & F - 7:30 a.m. W - 9:00 a.m.

·Assorted Cereal & Milk
·Canned Fruit and Assorted Juice
·Toast w/Jelly or Peanut Butter

Monday – French Toast Sticks & Sausage

Tuesday – Breakfast Pizza

Wednesday – Oat Bar & Yogurt

Thursday – Egg, Ham & Cheese or Sausage & Cheese on English Muffin

Friday – Bagel and Yogurt, Hot Oatmeal or Strawberry Parfait