



In School October Breakfast

Verndale School District #818

www.verndaleschool.org

Due to Covid-19 all meals will be packaged with all menu items

Breakfast

Menu Subject to change

Breakfast: \$0.75 Lunch (K-6) \$2.15 (7-12) \$2.25 Milk: \$0.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Fred Bar, juice, peaches, milk	Poptart/ cheese stick, juice box, milk
5	6	7	8	9
Corn Bread, Cheese stick, juice, milk	Cereal bar/cheese stick, juice, milk	Snack Bread, blueberries, milk 2 hour late start	Donut, applesauce, milk	Cinnabun/cheese stick, craisins, milk
12	13	14	15	16
Poptart/cheese stick, Peaches, milk	Fred Bar, strawberries, milk	Oatmeal bar, French toast crackers, juice, milk	NO SCHOOL	NO SCHOOL
19	20	21	22	23
Benefit bar, cheese stick, pears, milk	Snackbread, applesauce, milk	Yogurt, Graham Cracker, juice, milk	Cinnabun/cheese stick, craisins, milk	1 oz cereal/cheese stick, craisins, milk
26	27	28	29	30
Fred Bar, mandarian oranges, milk	Poptart/ cheese stick, juice box, milk	Cereal bar/cheese stick, juice, milk	Benefit bar, applesauce, milk	1 oz cereal /cheese stick, juice, milk

This institution is an equal opportunity provider



In School October Lunch Menu 2020

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Lunch

Menu Subject to Change

Breakfast: \$0.75 Lunch (K-6) \$2.25 (7-12) \$2.35 Milk: \$0.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			French bread pepperoni Pizza/marinara sauce, lettuce ranch dressing, grape tomato, cookie, milk	Corn dogs, ketchup, chips, Green Beans, Celery sticks, milk
5	6	7	8	9
Shredded pork sub, swiss cheese, BBQ sauce, Baked beans, Fruit, milk	Tator tot hotdish, cottage cheese, bread, Lettuce, Ranch Dressing, Fruit, milk	Teriyaki Chicken, Brown rice, Peas, Fruit, milk	Pizza, green beans, Fruit, milk	Queso meatball sub, Steam potatos, Lettuce, ranch dressing, milk
12	13	14	15	16
Mandarian Orange Chicken/rice, cooked carrots, Fruit, milk	Cream Chicken/biscuit, celery sticks, Fruit, milk	Elementary PK-2- Lunchable, Lettuce, Ranch dressing, Fruit, milk 3-12- Ham or Turkey Sub & lettuce, onion, tomato, ranch dressing, mayo, Applesauce, milk	NO SCHOOL	NO SCHOOL
19	20	21	22	23
Chicken alfredo with a twist, Dinner roll, Red Pepper slices, Ranch dressing, Fruit, milk	Sloppy Joe/bun, cheese slice, Baked beans, Celery sticks, chips, milk	Eggroll/Rice, soy sauce, sweet sour pkt, fresh carrots, Fruit, milk	French toast/sausage, syrup, Fresh cucumber, ranch dressing, Fruit, milk	Chili/shredded cheese, corn bread, lettuce, grape tomato, ranch dressing, milk
26	27	28	29	30
Quesidilla, sour cream, fresh carrots, Fruit, milk	Polish sausage/bun, ketchup, baked beans, Warm apple slices, milk	Cheeseburger/Bun, ketchup, French fries, Fruit , milk	Mac & Cheese, Dinner roll, Peas, Fruit, milk	Breaded Chcken Pattie/Bun, Mayo, chips, Green beans, fresh carrots, oreo cookie, milk

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