# Vernonia School District Lunch Menu

## December 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2** | **3** | **4** | **5** | **6** |
| BBQ Pulled Pork Sandwich (PK) | Sweet & Sour Chicken & WG Rice | Grilled Cheese Sandwich | Chicken Burrito Bowl | Cheese or Pepperoni (PK) Pizza |
| | | Grilled Ham & Cheese Sandwich 6-12 | | Tuna Sandwich |
| Mini Corn Dogs | Chicken Nuggets | Popcorn Chicken | Chicken Nuggets | Chicken Burger or Spicy Chicken Burger |
| | Pizza Pocket (PK) 4-12 Only | BBQ Rib Sub (PK) 6-12 Only | Bean & Cheese Burrito | |
| K-5 Smileys 6-12 Jo Joe's | Green Beans | Tomato Soup | Corn | Choloate Chip Cookie |
| **9** | **10** | **11** | **12** | **13** |
| Chicken Quesadilla | Orange Chicken & WG Rice K-5 | Mac & Cheese & WG Breadstick | Turkey & Gravy, Whipped Potatoes & WG Roll | Cheese or Pepperoni (PK) Pizza |
| | Gen Tso Chicken & WG Rice 6-12 | | | Tuna Sandwich |
| Popcorn Chicken | Chicken Nuggets | Popcorn Chicken | Chicken Nuggets | Chicken Burger or Spicy Chicken Burger |
| Bean & Cheese Burrito | | BBQ Rib Sub (PK) 6-12 Only | Ham & Cheese Pocket (PK) 4-12 Only | |
| Mexi Rice & Beans | Broccoli | Green Beans | Corn | Chocolate Chip Cookie |
| **16** | **17** | **18** | **19** | **20** |
| Cheese Pull Aparts | Taco Bar | Chicken Alfredo & WG Breadstick | Oven Chicken, Whipped Potatoes, Gravy & WG Roll | Cheese or Pepperoni (PK) Pizza |
| | | | | Tuna Sandwich |
| Popcorn Chicken | Chicken Nuggets | Popcorn Chicken | Chicken Nuggets | |
| Pizza Pocket (PK) 4-12 Only | Bean & Cheese Burrito | BBQ Rib Sub (PK) 6-12 Only | Ham & Cheese Pocket (PK) 4-12 Only | Chicken Burger or Spicy Chicken Burger |
| Potato Soup | Mexi Rice & Beans | Green Beans | Corn | Chocolate Chip Cookie |
| **23** | **24** | **25** | **24** | **27** |
| NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| **30** | **31** | | | |
| NO SCHOOL | NO SCHOOL | | | |

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**

Salad to Go - M,T,TH,F

**Special Diet Requests - Pre Arranged**

**Breakfast** - $1.65 all students
$2.10 Adults

**Lunch** - $2.75 Elementary
$3.05 Middle School
$3.25 High School
$3.95 Adults

**Items in Blue Ink are offered with all meals**

Breakfast Served: M,T,Th, & F - 7:30 a.m. W - 8:45 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 – Grab & Go

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

**Friday** – Bagel and Yogurt, Hot Oatmeal or Strawberry Parfait