

October 2010

VCHS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza Broccoli (Fresh) Fresh Carrots Ranch Dressing Lime Sherbet 2 % Milk
4 Baked Pork Chop Mashed Potatoes Brown Gravy Pineapple Tidbits Dinner Roll 8 Grain 2 % Milk	5 Ham American Cheese Bun Potato Soup Crackers Watermelon Wedge 2 % Milk	6 Spaghetti-Meat Sauce Peas Breadstick Blueberries/ Yogurt and Granola / Parfait 2 % Milk	7 Chicken Strips Baked Potato Sour Cream Sliced Strawberries Breadstick 2 % Milk	8 Breaded Fish on Bun Corn Gelatin with Fruit Cinnamon Roll 2 % Milk
11 Bacon / American Cheese Beef Pattie on Bun French Fries Applesauce 2 % Milk	12 Chili with Beans Crackers Turkey Bologna American Cheese Bun Banana 2 % Milk	13 Salisbury Steak Brown Gravy Mashed Potatoes Green Beans Jello School Made Roll 2 % Milk	14 Chicken Nuggets Green Beans Peanut Butter Sandwi Apple Crisp Vanilla Ice Cream 2 % Milk	15 Stuffed Crust Pizza Peas Sun Chips Diced Peaches 2 % Milk
18 Pork Barbeque on Bun Corn Fresh Pear Muffin Squares 2 % Milk	19 Spaghetti-Meat Sauce Breadstick Tossed Salad Ranch Dressing Mixed Fruit Berry Blue Gelatin 2 % Milk	20 Sliced Turkey on Mashed Potatoes Turkey Gravy Green Beans Dinner Roll 8 Grain Margarine Cup Chocolate Pudding 2 % Milk	21 Sloppy Joe on Bun Baked Potato Sour Cream Blueberry Crisp 2 % Milk	22 * END OF 1ST 9-WEEK GRADING PERI Beef Taco Doritos Fun Size Cheddar Cheese Lettuce Salsa Small Orange 2 % Milk
25 Corn Dog Baked Beans Cinnamon Roll Mandarin Oranges 2 % Milk	26 Tomato Soup Cheese Sandwich Small Orange Cheez-It Cracker Yogurt - Watermelon 2 % Milk	27 Macaroni and Cheese Hot Dog on Bun Peas Jello Apple Juice 100% 2 % Milk	28 Chicken Pattie on Bun Corn Oatmeal Cookies Apple 2 % Milk	29 Pepperoni Pizza Green Beans Diced Pears 2 % Milk

School News

Breakfast is offered each morning at no cost to students.

Students who have exceeded the 5.00 charge limit are asked to make payment as soon as possible . Money can also be put on a student's account by sending cash or check to the school cafeteria or contact Joy Napier at 740-596-5218 ext. 250 for more information.

Menus are subject to change due to availability of foods or school closings.

"USDA is an equal opportunity employer and provider."

