

September 2010

VCHS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Nuggets Mashed Potatoes Corn School Made Roll Jello 2 % Milk	2 Beef Taco Cheddar Cheese Lettuce Salsa Cinnamon Roll Applesauce 2 % Milk	3 Stuffed Crust Pizza Green Beans Sun Chips Apple 2 % Milk
6 * LABOR DAY	7 Pepperoni Pizza Corn Apple Chocolate Pudding Sun Chips 2 % Milk	8 Chicken Pattie on Bun Peas Vanilla Ice Cream Apple Crisp 2 % Milk	9 Macaroni and Cheese Hot Dog on Bun Broccoli Salad Sherbet Cup 2 % Milk	10 Breaded Fish on Bun Corn Cole Slaw Mandarin Oranges Tartar Sauce 2 % Milk
13 Beef Taco Cheddar Cheese Lettuce Salsa Cinnamon Roll Banana 2 % Milk	14 American Cheese Beef Pattie on Bun French Fries Apple Ketchup Mustard Fudge Bar 2 % Milk	15 Pepperoni Pizza Green Beans Blueberries/ Yogurt and Granola / Parfait Sun Chips 2 % Milk	16 Spaghetti/Meat Sauce Breadstick Tossed Salad Ranch Dressing Diced Peaches Chocolate Pudding 2 % Milk	17 Pork Barbeque on Bun Baked Beans Macaroni Salad Juice Bar 2 % Milk
20 Sliced Turkey on Bun Baked Potato Margarine Cup Sliced Strawberries Whipped Topping 2 % Milk	21 Sloppy Joe on Bun Cole Slaw Hash Brown patty Diced Peaches 2 % Milk	22 Pepperoni Pizza Corn Apple Berry Blue Gelatin 2 % Milk	23 Macaroni and Cheese Corn Dog Peas Lime Sherbet 2 % Milk	24 Foot Long Hot Dog Bun Baked Beans Potato Salad Pineapple Tidbits 2 % Milk
27 Chicken Strips Barbeque sauce Green Beans Mandarin Oranges School Made Roll 2 % Milk	28 Beef Taco Cheddar Cheese Lettuce Salsa Cinnamon Roll Banana 2 % Milk	29 Salisbury Steak Mashed Potatoes Brown Gravy Green Beans School Made Roll Jello 2 % Milk	30 Chicken Pattie on Bun French Fries Cole Slaw 100 % Grape Juice 2 % Milk	

School News

Breakfast is offered each morning at no cost to students.

An entree choice is offered daily.

A salad bar is available daily, students have the option of selecting a side salad in place of the vegetable offered on the daily menu or purchase a salad at an additional cost.

Small Side Salad - \$1.00

Medium Salad - \$2.00

Chef's Salad - \$3.50

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.

