

November 2010

VCMS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Taco Cheddar Cheese Lettuce Salsa Corn Small Orange 2 % Milk	2 Macaroni and Cheese Corn dog Peas Sherbet Cup Milk % 2 Mustard Ketchup	3 Beef Pattie on Bun Baked Beans Tossed Salad Berry Blue Gelatin 2 % Milk Mustard Ketchup	4 Chili with Beans Crackers Foot Long Hot Dog Bun Apple 2 % Milk Mustard Ketchup	5 Chicken Strips Baked Potato Sour Cream Strawberries School Made Roll 2 % Milk
8 American Cheese Beef Pattie on Bun French Fries Apple Ketchup Mustard 2 % Milk	9 Chicken Strips Green Beans Cherry Sorbet Cup Peanut Butter Sandwi 2 % Milk	10 Spaghetti/Meat Sauce Breadstick Tossed Salad Ranch Dressing Diced Peaches Chocolate Pudding 2 % Milk	11 * VETERANS' DAY	12 Pepperoni Pizza Green Beans Blueberries/ Yogurt and Granola / Parfait Sun Chips 2 % Milk
15 Baked Pork Chop Mashed Potatoes Brown Gravy Mandarin Oranges School Made Roll Margarine Cup 2 % Milk	16 Chili with Beans Crackers Foot Long Hot Dog Bun Apple 2 % Milk Mustard Ketchup	17 Sloppy Joe on Bun Baked Potato Baked Beans Grapes Margarine Cup 2 % Milk	18 Chicken & Noodles Green Beans Apple Crisp Vanilla Ice Cream Whole Wheat Bread 2 % Milk	19 Pepperoni Pizza Broccoli (Fresh) Fresh Carrots Ranch Dressing Diced Peaches Sun Chips 2 % Milk
22 Cheese Sandwich Tomato Soup Cheez-It Cracker Yogurt - Watermelon Small Orange 2 % Milk	23 Turkey and Dressing Turkey Gravy Mashed Potatoes Green Beans Snowflake Roll Fudge Bar 2 % Milk	24 * THANKSGIVING HOLIDAY	25 * THANKSGIVING HOLIDAY	26 * THANKSGIVING HOLIDAY
29 * IN-SERVICE - NO SCHOOL	30* CLASSES RESUME COOK'S CHOICE			

School News

Breakfast is offered each morning at no cost to students. Reduced lunch - .40 Full Price - \$1.75 Extra Milk - .40

Students who have exceeded the 5.00 charge limit are asked to make payment to the school cafeteria as soon as possible. Pre-payments may be applied to a student's account by sending cash or check to the cafeteria or call 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 and equal opportunity employer and provider.

