

# October 2010

## VCMS 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 Small Orange 2 % Milk	6 Spaghetti-Meat Sauce Green Beans Breadstick Diced Peaches 2 % Milk	7 Chicken Strips Baked Potato Margarine Cup Sliced Strawberries Breadstick 2 % Milk	8 Breaded Fish on Bun Corn Applesauce 2 % Milk
11 Beef Pattie on American Cheese Bun French Fries Apple 2 % Milk	12 Bun 2 % Milk Applesauce Chili with Beans Crackers Turkey Bologna	13 Salisbury Steak Brown Gravy Mashed Potatoes Jello Apple Juice 100% School Made Roll 2 % Milk	14 Chicken Nuggets Green Beans Peanut Butter Sandwi Apple Crisp 2 % Milk	15 Pepperoni Pizza Mixed Veg. Juice Bar 2 % Milk
18 Pork Barbeque on Bun Corn Fresh Pear 2 % Milk	19 Spaghetti-Meat Sauce Breadstick Tossed Salad Ranch Dressing 100 % Grape Juice 2 % Milk	20 Fried Chicken Mashed Potatoes Green Beans Jello Snowflake Roll 2 % Milk	21 Sloppy Joe on Bun Baked Potato Margarine Cup Diced Peaches 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 Blueberry Crisp 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 Chocolate Pudding Apple 2 % Milk	29 Pepperoni Pizza Green Beans Diced Pears 2 % Milk

### 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.

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