

September 2010

VCMS LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| | | 1 Salisbury Steak Mashed Potatoes Brown Gravy Tossed Salad Ranch Dressing Small Orange Snowflake Roll 2 % Milk | 2 Beef Pattie on Bun French Fries Mustard Ketchup Juice Bar 2 % Milk | 3 Beef Taco Cheddar Cheese Lettuce Salsa Applesauce |
| 6 * LABOR DAY | 7 American Cheese Beef Pattie on Bun French Fries Applesauce 2 % Milk | 8 Chicken Strips Mashed Potatoes Margarine Cup Diced Peaches School Made Roll Honey 2 % Milk | 9 Foot Long Hot Dog Bun Baked Beans Pineapple Tidbits Ketchup Mustard 2 % Milk | 10 Soft Taco Cheddar Cheese Lettuce Salsa Apple Crisp 2 % Milk |
| 13 Pork Barbeque on Bun French Fries Mixed Fruit 2 % Milk | 14 Chili with Beans Crackers Peanut Butter Sandwi Fresh Carrots Ranch Dressing Sherbet Cup 2 % Milk | 15 Macaroni and Cheese School Made Roll Margarine Cup Peas Jello Apple Juice 100% 2 % Milk | 16 Chicken Pattie on Bun Corn Sliced Strawberries Sun Chips 2 % Milk | 17 Pepperoni Pizza Green Beans Diced Peas 2 % Milk |
| 20 Sloppy Joe on Bun Baked Potato Margarine Cup Juice Bar 2 % Milk | 21 Tomato Soup Cheese Sandwich Yogurt - Watermelon Cheez-It Cracker Small Orange 2 % Milk | 22 Spaghetti-Meat Sauce Breadstick Green Beans Tossed Salad Ranch Dressing 100 % Grape Juice 2 % Milk | 23 American Cheese Beef Pattie on Bun French Fries Applesauce 2 % Milk | 24 Beef Taco Doritos Fun Size Cheddar Cheese Lettuce Salsa Lunch Bunch Grapes 2 % Milk |
| 27 Chicken Pattie on Bun Corn Blueberry Crisp 2 % Milk | 28 Macaroni and Cheese School Made Roll Margarine Cup Peas Apple 2 % Milk | 29 American Cheese Beef Pattie on Bun French Fries Applesauce 2 % Milk | 30 Foot Long Hot Dog Bun Baked Beans Pineapple Tidbits Ketchup Mustard 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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