



May Breakfast Menu 2023

Verndale School District #818
www.verndaleschool.org

**Verndale School
 Breakfast Menu**

Breakfast

Menu Subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 1 Cereal/Poptart, Dragon Punch, Mandarin Oranges, Milk | 2 Brekkie Bar, Strawberries, Orange Juice, Milk | 3 Cook's Choice | 4 Sausage links, Long John, Banana, Fruit Punch, Milk | 5 Blueberry Waffle, Peaches, Apple Juice, Milk |
| 8 Apple Filled Donut, Dragon Punch, Sliced Pears, Milk | 9 Ham Patty/English Muffin, Orange Juice, Pineapple, Milk | 10 Cereal, Yogurt, Apple Juice, Strawberries, Milk | 11 Breakfast Pizza, Mixed Fruit, Apple Slices, Milk | 12 Breakfast Bun, Fruit Punch, Fresh Orange, Milk |
| 15 BeneFIT Bar, Fruit Punch, Sliced Peaches, Milk | 16 Cereal, Poptart, Dragon Punch, Strawberries, Milk | 17 Brekkie Bar, Apple Juice, Applesauce, Milk | 18 Sausage Pattie, Cheese Slice, Biscuit, Mixed Fruit, Grape Juice, Milk | 19 Mini Waffles, Fruit Punch, Sliced Pears, Milk |
| 22 Apple Filled Donut, Dragon Punch, Mandarin Orange, Milk | 23 Breakfast Pizza, Orange Juice, Mixed Fruit, Milk | 24 Cooks Choice | 25 Cooks Choice | 26 Brekkie Bar, Fruit Punch, Sliced Peaches, Milk |
| 29 | 30 | 31 | | |

This institution is an equal opportunity provider



May Lunch Menu 2023

Verndale School District #818

www.verndaleschool.org

**Verndale School
Lunch Menu**

Lunch

Menu Subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 1 Stuffed Crust Pizza, Lettuce, Red Peppers, Kiwi, Mixed Fruit, Milk | 2 Sloppy Joe/Bun, Celery, Bread & Butter Pickles, Pickle, Baked Beans, Applesauce, Fresh Oranges, Milk | 3 Sausage Patty/French Toast Sticks, Baby Carrots, Cucumber Slices, Grape Juice, Strawberries, Milk | 4 Bosco Sticks, Marinara Sauce, Lettuce, Corn, Fresh Apple, Sliced Peaches, Milk | 5 Chicken Fillet/Bun, Tomato Slices, Lettuce, Pea's, Fresh Grapes, Pineapple, Milk |
| 8 Quesadilla, Salsa, Broccoli/Cheese Sauce, Red Pepper, Strawberries, Mandarian Oranges, Milk | 9 Mini Corn Dogs, Macaroni Salad, Baked Beans, Peas, Banana, Pears, Milk | 10 Nacho's/Tortilla Chips, Green Pepper, Shredded Lettuce, Salsa, Applesauce, Fresh Grapes, Milk | 11 Cream Chicken/Biscuit, Green Beans, Corn, Craisins, Peaches, Milk | 12 Pizza Crunchers, Lettuce, Celery, Marinara Sauce, Fresh Apple, Mixed Fruit, Milk |
| 15 Hot Dog/Bun, Baked Beans, Marinated Vegetable Salad, Strawberries, Mandarian Oranges, Milk | 16 Beef Taco/Doritos, Shredded Cheese, Shredded Lettuce, Diced Tomatoes, Onion, Pineapple, Apple, Milk | 17 Cheeseburger/Bun, French Fries, Tomato Slices, Lettuce, Dill Pickle, Mixed Fruit, Fresh Pear, Milk | 18 Popcorn Chicken, Dinner Roll, Mashed Potatoes, Peas, Applesauce, Kiwi, milk | 19 Pulled Pork/Bun, Cole Slaw, Green Beans, Baby Carrots, Mandarian Oranges, Watermelon, Milk |
| 22 COOK'S CHOICE | 23 COOK'S CHOICE | 24 COOK'S CHOICE | 25 COOK'S CHOICE | 26 COOK'S CHOICE |
| 29 | 30 | 31 | | |

Questions or Comments? Call or email Vickie Thompson 218-445-5184; vthompson@vps.verndale.k12.mn.us

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Lunch Options Offered Daily Grades 7-12 All Options meet Full Meal Requirement

Chef Salad: 7-12 Students may also choose 2 items from the fruit selections, Bread Item and a carton of milk

Ham Sandwich Bento Box: Includes 2 fruit items and 2 Vegetables, Milk

Fruit and Yogurt Parfait/Granola: Students may choose 1 item from fruit and Vegetable choices and a carton of milk