



March Breakfast Menu 2023

**Verndale School
Breakfast Menu**

Verndale School District #818
www.verndaleschool.org

Breakfast

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 2 Hour Late Start Cooks Choice	2 Long John, Sausage, Blueberries, Apple Juice, Milk	3 Blueberry Muffin, Poptart, Fruit Punch Juice, Peaches, Milk
6 Benefit Bar, Peaches, Dragon Punch, Milk	7 Ham/English Muffin, Pineapple, Orange Juice, Milk	8 Dutch Waffles, Strawberries, Apple Juice, Milk	9 Cereal, Mini Pancake Wraps, Banana, Grape Juice, Milk	10 Cereal, Banana Muffin, Fresh Orange, Fruit Punch Juice, Milk
13 Cream Cheese Bagel, Pears, Apple Slices, Milk	14 Sausage Pattie/Cheese/Biscuit, Peaches, Orange Juice, Milk	15 Brekkie Bar, Banana, Apple Juice, Milk	16 Bosco Stick, Marinara Sauce, Applesauce, Grape Juice, Milk	17 NO SCHOOL
20 Apple Frudel, Mandarin Oranges, Dragon Punch, Milk	21 Sausage Breakfast Pizza, Applesauce, Orange Juice, Milk	22 Benefit bar, Strawberries, Apple Juice, Milk	23 Scrambled Eggs, Fench Toast, Banana, Grape Juice, Milk	24 Blueberry Waffle, Pineapple, Peaches, Milk
27 Apple filled Donut Ring, Pears, Dragon Punch, Milk	28 Ham Patty, English Muffin, Pineapple, Orange Juice, Milk	29 Cereal, Yogurt, Graham Crackers, Strawberries, Apple Juice, Milk	30 Brekkie Bar, Apple slices, Orange Juice, Milk	31 Breakfast Bun, Mixed Fruit, Apple Juice, Milk

Menu subject to change

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



March Lunch Menu 2023

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**Verndale School
Lunch Menu**

Lunch

Menu Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheeseburger/Bun, Lettuce, Tomato, Onion, Dill Pickle, French Fries, Grapes, Mandarin Oranges, Milk	2 Cooks Choice	3 Tuna/Sub Bun, Tomato Soup, Cucumber, Frito Chips, Pineapple, Applesauce, Milk
6 Beef Taco, Nacho Cheese Chips, Lettuce, Diced Tomatoes, Refried Beans, Mandarin Oranges, Mixed Fruit, Milk	7 Crispito/Cheese Sauce, Dinner Roll, Salsa, Lettuce, Broccoli, Kiwi, Peaches, Milk	8 French Bread Peperoni Pizza, Corn, Cucumbers, Fresh Pears, Grapes, Milk	9 Breaded Chicken Pattie/Bun, Lettuce, French Fries, Mandarin Oranges, Applesauce, Milk	10 Quesadilla, Lettuce, Baked Beans, Fresh Carrots, Salsa, Mixed Fruit, Apple, Milk
13 Beef Nachos, Tortilla Chips, Salsa, Lettuce, Red Peppers, Peaches, Orange Juice, Milk	14 Spaghetti, Lettuce, Corn, Mixed Fruit, Pineapple, Cottage Cheese, Milk	15 Pizza Crunchers, Cooked Broccoli, Marinara Sauce, Strawberries, Mandarin Oranges, Milk	16 Pulled Pork/Bun, Cole Slaw, Baked Beans, Mixed Fruit, Fresh Pear, Milk	17 NO SCHOOL
20 Chicken Fillet, Rice Pilaf, Cheese Sauce, Corn, Lettuce, Grapes, Peaches, Milk	21 Sloppy Joe/Bun, Baked Beans, Carrot Sticks, Dill Pickle, Pears, Mandarin Oranges, Milk	22 Beef Stew, Dinner Roll, Celery, Lettuce, Apple Slices/Chocolate Hummus, Peaches, Milk	23 Elem-PK-2-Turkey/Bun 7-12-Beef Philly Sub/ Onion/Green Pepper Mix, Tomato Soup, Fresh Carrots, Mandarin Oranges, Pears, Milk	24 Stuffed Crust Cheese Pizza, Lettuce, Red Pepper, Orange Juice, Mixed Fruit, Milk
27 Pk-2-Popcorn Chicken 3-6 Sweet & Sour Chicken, Rice Pilaf, Lettuce, Stir Fry Veggies, Applesauce, Peaches, Milk	28 PK-2 Deli Turkey/Bun 3-12-French Monte Cristo, Chips, Lettuce, Cucumbers, Orange Juice, Strawberries, Milk	29 Corn Dogs, French Fries, Corn, Apple Slices/Chocolate Hummus, Pears, Milk	30 Pulled Pork/Bun, Baked Beans, Cole Slaw, Dill Pickle, Peaches, Watermelon, Sun Chips, Milk	31 Tuna Salad/Bun, Tomato Soup, Green Pepper Slices, Tortilla Chips, Applesauce, Grapes, Milk

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

Chef Salad: 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