



# SEPTEMBER Breakfast Menu 2022

**Verndale School  
Breakfast Menu**

Verndale School District #818

[www.verndaleschool.org](http://www.verndaleschool.org)

## Breakfast

**Menu Subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>6</b> Cinnamon Toast Crunch Cereal, Poptart, Dragon Punch, Strawberries, Milk	<b>7</b> FRED Bar, Applesauce, Apple Juice, Milk	<b>8</b> Sausage Pattie/Biscuit/Cheese Slice, Grape Juice, Mixed Fruit, Milk	<b>9</b> Mini Waffles/Syrup, Fruit Punch Juice, Sliced Pears, Milk
<b>12</b> Apple filled Donut, Dragon Juice, Mandarin Oranges, Milk	<b>13</b> Sausage Breakfast Pizza, Orange Juice, Mixed Fruit, Milk	<b>14</b> Yogurt/Graham Cracker, Apple Juice, Blueberries, Milk	<b>15</b> Scrambled Eggs/Toast, Grape Juice, Fresh Orange, Milk	<b>16</b> Muffin Or Chocolate Chip Oatmeal bar, String Cheese, Fruit Punch, Sliced Peaches, Milk
<b>19</b> Apple Frudel, Dragon Punch, Mandarin Oranges, Milk	<b>20</b> Ham Patty/English Muffin, Orange Juice, Pineapple Slices, Milk	<b>21</b> Dutch Waffle, Apple Juice, Blueberries, Milk	<b>22</b> Sausage Pancake Wrap, Syrup, Grape Juice, Strawberries, Milk	<b>23</b> Cocoa Puff Cereal or Cinnamon Toast Crunch Cereal, Poptart, Fruit Punch, Banana, Milk
<b>26</b> Mini Bagels, Dragon Punch, Pears, Milk	<b>27</b> Sausage Pattie/Cheese Slice/Biscuit, Orange Juice, Sliced Peaches, Milk	<b>28</b> Cocoa Puff Cereal or Wowbutter Sandwich, Cheese Stick, Apple Juice, Banana, Milk	<b>29</b> Bosco Stick, Marinara Sauce, Grape Juice, Milk	<b>30</b> Poptart, French Toast Crackers, Fruit Punch, Fresh Orange, Milk

**MENU SUBJECT TO CHANGE**

Questions or Comments? Call or email Vickie Thompson 218-445-5184; [vthompson@vps.verndale.k12.mn.us](mailto:vthompson@vps.verndale.k12.mn.us)

**This institution is an equal opportunity provider**



# October Breakfast Menu 2022

**Verndale School  
Breakfast Menu**

Verndale School District #818  
www.verndaleschool.org

## Breakfast

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Choice Cereal Cocoa Puffs or Cinnamon Toast Crunch, Cheese Stick, Dragon Punch, Mandarin Oranges, Milk	4 Sausage Breakfast Pizza, Applesauce, Orange Juice, Milk	5 <b>hour late start Cook's choice</b>	6 Long John, Sausage Links, Banana, Grape Juice, Milk	7 Blueberry Waffle, Sliced Peaches, Fruit Punch Juice, Milk
10 Apple filled Donut, Dragon Punch, Sliced Pears, Milk	11 Ham Patty/English Muffin, Pineapple, Orange Juice, Milk	12 Yogurt, Graham Crackers, Apple Juice, Strawberries, Milk	13 Choice Oatmeal or Coca Puff Cereal, Cheese Stick, Craisins, Apple Slices, Milk	14 Breakfast Bun, Fruit Punch Juice, Mixed Fruit, Milk
17 Blueberry Muffin/Cheese Stick, Dragon Punch, Blueberries, Milk	18 Cinnamon Toast Crunch Cereal, Poptart, Dragon Punch, Strawberries, Milk	19 FRED Bar, Applesauce, Apple Juice, Milk	20 <b>MEA NO SCHOOL</b>	21 <b>MEA SCHOOL NO</b>
24 Apple filled Donut, Dragon Juice, Mandarin Oranges, Milk	25 Sausage Breakfast Pizza, Orange Juice, Mixed Fruit, Milk	26 Yogurt/Graham Cracker, Apple Juice, Blueberries, Milk	27 Scrambled Eggs/Toast, Grape Juice, Fresh Orange, Milk	28 Muffin Or Chocolate Chip Oatmeal bar, Cheese Stick, Fruit Punch, Sliced Peaches, Milk
31 Apple Frudel, Dragon Punch, Mandarin Oranges, Milk	1 Ham Patty/English Muffin, Orange Juice, Pineapple Slices, Milk	2 Dutch Waffle, Apple Juice, Blueberries, Milk	3 Sausage Pancake Wrap, Syrup, Grape Juice, Strawberries, Milk	4 Cocoa Puff Cereal or Cinnamon Toast Crunch Cereal, Poptart, Fruit Punch, Banana, Milk

**Menu subject to change**

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



# SEPTEMBER Lunch Menu 2022

Verndale School District #818

[www.verndaleschool.org](http://www.verndaleschool.org)

**Verndale School  
Lunch Menu**

**Lunch**

**Menu Subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Elem-Corn Dogs 7- 12 Hot Dogs/Bun, Baked Beans, Peaches, Milk	Cheeseburger/Bun, French Fries, Mixed Fruit, Milk	Popcorn Chicken, Mashed Potatoes, Corn, Applesauce, Milk	Pulled Pork/Bun, Green Beans, Fruit, Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Chicken Alfredo, Cooked Carrots, Corn, Mixed Fruit, Apple, Milk	Baked Potato Bar, Salsa, Apple Sauce, Craisins, Cornbread, Milk	French Bread Pizza, Marinara Dipping Sauce, Cauliflower, Celery, Grapes, Mandarin Oranges, Milk	Crispitos/ Cheese Sauce, Broccoli, Baby Carrots, Strawberries, Pears, Doritos, Milk	PK-6 Hot Ham & Cheese, 7-12 Ham and Cheese Sub, Lettuce, Baked Beans, Pineapple, Fresh Kiwi, Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Beef Taco, Lettuce, Tomato, Kiwi, Mixed Fruit, Doritos, Milk	Beef Stroganoff/Pasta, Corn, Green Peas, Sliced Peaches, Pineapple, Milk	Bosco Sticks, Marinara Sauce, Cucumber Slices, Fresh Pear, Strawberries, Milk	PK-6 Chicken Fillet/Bun 7-12 Honey Mustard Chicken Melt/Bun, Baked Beans, Lettuce, Mandarin Oranges, Applesauce, Milk	Queso Meatball/Sub, Cherry Tomato, Lettuce, Fresh Apple, Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Nacho's/Tortilla Chips, Salsa, Lettuce, Red Peppers, Fresh Apple, Sliced Peaches, Milk	Spaghetti, Cottage Cheese, Baby Carrots, Corn, Mixed Fruit, Pineapple, Milk	Grilled Cheese/Tomato Soup, Celery, Fresh Kiwi, Applesauce, Milk	Cheesy Swiss Steak/Rice, Green Peas, Corn, Mixed Fruit, Sliced Pears, Milk	PK-6 Pizza Crunchers/Marinara Sauce 7-12-Philly Chicken Subs, Baked Beans, Strawberries, Fresh Oranges, Milk

**MENU SUBJECT TO CHANGE**

**Questions or Comments? Call or email Vickie Thompson 218-445-5184; [vtompson@vps.verndale.k12.mn.us](mailto:vtompson@vps.verndale.k12.mn.us)**

**This institution is an equal opportunity provider**

Lunch Options Offered Daily Grades 7-12 Starting September 12th

Chef Salad: Students may choose 2 items from the fruit selections and a carton of milk

Ham Sandwich or Turkey Sandwich: Students may choose 2 items for the Fruit and Vegetable choices and a carton of milk

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



# October Lunch Menu 2022

**Verndale School  
Lunch Menu**

Verndale School District #818  
www.verndaleschool.org

## Lunch

**This institution is an equal opportunity provider**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PK-12 Cheese Pizza 7- 12 -BBQ chicken Pizza, Fresh Carrots, Cucumbers, Kiwi, Mixed Fruit, Milk	4 Sloppy Joe/Bun, Cooked Carrots, Baked Beans, Pickle, Applesauce, Mandarin Oranges, Milk	5 Tater tot Hotdish, Green Beans, Lettuce, Apple, Sliced Peaches, Dinner Roll, Milk	6 Sausage Patty, French Toast, Dragon Punch, Cauliflower, Blueberries, Stawberries, Milk	7 PK-6-Chicken Fillet/Bun 7-12 Honey Mustard Chicken Melt/Bun, Green Peas, Lettuce, Grapes, Pineapple, Milk
10 Turkey Gravy, Dinner Roll, Mashed Potato, Green Beans, Mandarin Oranges, Strawberries, Milk	11 Mini Corn Dogs, Cooked Carrots, Baked Beans, Banana, Sliced Pears, Milk	12 Macaroni & Cheese, Corn, Green Pepper Slices, Applesauce, Grapes, Milk	13 Chili/Shredded Cheese, Celery, Sliced Peaches, Craisins, Corn Bread, Milk	14 Cream Chicken/Biscuit, Green Beans, Red Pepper Slices, Apple Mixed Fruit, Milk
17 Lasagna, Corn, Celery, Strawberries, Mandarin Oranges, Milk	18 Elem-Corn Dogs 7- 12 Hot Dogs/Bun, Baked Beans, Peaches, Milk	19 Cheeseburger/Bun, French Fries, Mixed Fruit, Milk	20 <b>MEA NO SCHOOL</b>	21 <b>MEA NO SCHOOL</b>
24 Chicken Alfredo, Cooked Carrots, Corn, Mixed Fruit, Apple, Milk	25 Baked Potato Bar, Salsa, Apple Sauce, Craisins, Cornbread, Milk	26 French Bread Pizza, Marinara Dipping Sauce, Cauliflower, Celery, Grapes, Mandarin Oranges, Milk	27 Crispitos/ Cheese Sauce, Broccoli, Baby Carrots, Strawberries, Pears, Doritos, Milk	28 PK-6 Hot Ham & Cheese, 7-12 Ham and Cheese Sub, Lettuce, Baked Beans, Pineapple, Fresh Kiwi, Milk
31 Beef Taco, Lettuce, Tomato, Kiwi, Mixed Fruit, Doritos, Milk	1 Beef Stroganoff/Pasta, Corn, Green Peas, Sliced Peaches, Pineapple, Milk	2 Bosco Sticks, Marinara Sauce, Cucumber Slices, Fresh Pear, Strawberries, Milk	3 PK-6 Chicken Fillet/Bun 7-12 Honey Mustard Chicken Melt/Bun, Baked Beans, Lettuce, Mandarin Oranges, Applesauce, Milk	4 Queso Meatball/Sub, Cherry Tomato, Lettuce, Fresh Apple, Milk

**Menu subject to change**

Lunch Options Offered Daily Grades 7-12 Starting September 12th Chef Salad:

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