



January Breakfast Menu 2023

Verndale School District #818

www.verndaleschool.org

**Verndale School
Breakfast Menu**

Breakfast

Menu Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	2 hour late start 4	5	6
	Ham Pattie, English Muffin, Pineapple, Orange Juice, Milk	Yogurt, Goldfish Cracker, Strawberries, Apple Juice, Milk	Long John, Sausage, Craisins, Grape Juice, Milk	Apple Filled Donut, Sliced Peaches, Fruit Punch Juice, Milk
9	10	11	12	13
Omelet, Biscuit, Pears, Orange Juice, Milk	Dutch Waffle, Strawberries, Dragon Punch Juice, Milk	Brekkie Bar, Applesauce, Apple Juice, Milk	Sausage/Cheese Slice/Biscuit, Mixed Fruit, Grape Juice, Milk	Mini Waffles, Sliced Pears, Fruit Punch Juice, Milk
16	17	18	19	20
SCHOOL	Sausage Breakfast Pizza, Mixed Fruit, Orange Juice, Milk	Yogurt/Giant Graham Crackers, Blueberries, Apple Juice, Milk	BeneFIT bar, Fresh Orange, Grape Juice, Milk	Egg Pattie, Toast, Pineapple, Fruit Punch Juice, Milk
23	24	25	26	27
Apple Frudel, Banana, Fruit Punch Juice, Milk	Ham Patty/English Muffin, Pineapple, Orange Juice, Milk	Dutch Waffle, Blueberries, Apple Juice, Milk	Mini Pancake Wraps, Strawberries, Grape Juice, Milk	Brekkie Bar, Sliced Peaches, Raisins, Milk
30	31	February 1	February 2	February 3
Mini Bagel, Sliced Pears, Dragon Punch, Milk	Sausage/Cheese/Biscuit, Sliced Peaches, Orange Juice, Milk	2 hour late start Cooks Choice	Long John, Sausage, Applesauce, Grape Juice, Milk	French Toast Sticks, Syrup, Fresh Orange, Fruit Punch Juice, Milk

This institution is an equal opportunity provider



January Lunch Menu 2023

Verndale School District #818

www.verndaleschool.org

**Verndale School
Lunch Menu**

Lunch

Menu Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Min Corn Dogs, Cooked Carrots, Baked Beans, Strawberries, Sliced Pears, Milk	4 Pepperoni Pizza, Mixed Veggies, Green Beans, Applesauce, Mandarin Oranges, Milk	5 Chilli, Fries, Shredded Cheese, Fritos, Peaches, Pears, Milk	6 Cream Chicken Gravy/Biscuit, Green Beans, Corn, Mixed Fruit, Applesauce, Milk
9 Quesadilla, Lettuce, Salsa, Cucumber Slices, Mandarin Oranges, Strawberries, Milk	10 Hot Dog/Bun, Macaroni Cheese, Broccoli, Fresh Carrots, AppleSlices, Mixed Fruit, Milk	11 Cheeseburger/Bun, French Fries, Lettuce, Dill Pickle, Onion, Tomato, Pears, Pineapple, Milk	12 Popcorn Chicken, Mashed Potato, Corn, Dinner Roll, Applesauce, Orange, Milk	13 Pulled Pork/Bun, Cole Slaw, Baked Beans, Peaches, Watermelon, Milk
16 NO SCHOOL	17 Chicken Alfredo, Cooked Carrots, Corn, Buttered Bread, Apple Slices, Rasins, Milk	18 Cheese French Bread Pizza, Marinara, Sauce, Celery, Cooked Cauliflower, Grapes, Mandarin Oranges, Milk	19 Crispito/Cheese Sauce, Diner Roll, Salsa, Lettuce, Broccoli, Pears, Strawberries, Milk	20 PK-2 Ham & Cheese/Bun 3-12 Hot Ham & Cheese Sub, Bean Soup, Lettuce, Peaches, Applesauce, Milk
23 Beef Taco, Shredded Cheese, Diced Tomato, Lettuce, Mixed Fruit, Mandarin Oranges, Dorito's, Milk	24 Meatballs/Gravy, Peas, Mashed Potato, Peaches, Apple Slices, Dinner Roll, Milk	25 Bosco Sticks, Marinara Sauce, Wild Rice Soup, Cucumber Slices, Pears, Strawberries, Milk	26 Breaded Chicken Pattie/Bun, Baked Beans, Lettuce, Applesauce, Mandarin Oranges, Milk	27 Grilled Cheese, Tomato Soup, Celery, Apple, Mixed Fruit, Milk
30 Pk-2-Chicken Nuggets 3-6 Sweet & Sour Chicken, Rice, Lettuce, Red Peppers, Applesauce, Peaches, Milk	31 Spaghetti, Corn, Lettuce, Buttered Bread, Mixed Fruit, Pineapple, Cottage Cheese, Milk	1 Sausage Pattie, Cheese Stick, French Toast, Hashbrown Casserole, Fresh Carrots, Applesauce, Orange Juice, Milk	2 Cheesy Swiss Steak/Rice, Peas, Green Beans, Mixed Fruit, Pears, Milk	3 Breaded Pork Chop, Dinner Roll, Baked Beans, Scalloped Potato, Strawberries, Watermelon, Milk

MENU SUBJECT TO CHANGE

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

This institution is an equal opportunity provider

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