



NOVEMBER Breakfast Menu 2022

Verndale School District #818
www.verndaleschool.org

**Verndale School
 Breakfast Menu**

Breakfast

Menu Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham Pattie/English Muffin, Pineapple, Orange Juice, Milk	2 2 hour late start Cooks Choice	3 Mini Maple Pancake Wraps, Orange Juice, Peaches, Milk	4 NO SCHOOL
7 NO SCHOOL	8 Sausage/Cheese/Biscuit, Orange Juice, Peaches, Milk	9 Kix Cereal or Nutrigrain Bar, Cheese Stick, Banana, Apple Juice, Milk	10 Benefit Bar, Grape Juice, Applesauce, Milk	11 Blueberry Muffin or Poptart, Fresh Orange, Fruit Punch, Cheese Stick, Milk
14 Cinnamon Toast Crunch Cereal or Banana Muffin, Yogurt, Dragon Punch, Mandarin Oranges, Milk	15 Sausage Breakfast Pizza, Pineapple, Orange Juice, Milk	16 Fred Bar, Mixed Fruit, Fruit Punch, Milk	17 Choice Lucky Charms or Raisin Bran Cereal, Banana, Grape Juice, Milk	18 Blueberry Waffle, Peaches, Fruit Punch, Milk
21 Apple Filled Dounut, Dragon Punch, Pears, Milk	22 Ham Pattie/English Muffin, Pineapple, Orange Juice, Milk	23 Yogurt/Cinnamon Crarckers, Stawberries, Apple Juice, Milk	24 NO SCHOOL HAPPY THANKSGIVING	25 NO SCHOOL
28 Blueberry Muffin, or Chocolate chip Oatmeal bar, Cheese Stick Dragon Punch, Blueberries, Milk	29 Cinnamon Toast Cereal or Poptart, Cheese stick, Dragon Punch, Strawberries, Milk	30 Benefit Bar, Applesauce, Apple Juice, Milk		

MENU SUBJECT TO CHANGE

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

This institution is an equal opportunity provider



November Lunch Menu 2022

Verndale School District #818
www.verndaleschool.org

**Verndale School
Lunch Menu**

Lunch

Menu Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bosco Sticks, Wild Rice Soup, Marinara Sauce, Cucumber Slices, Pears, Strawberries, Milk	2 Beef Stroganof/Pasta, Dinner Roll, Peas, Cole Slaw, Peaches, Watermelon, Milk	3 PK-6 Chicken Fillet/Bun 7-12th Honey Mustard Chicken Melt/Bun, Baked Beans, Romaine Lettuce, Apple Sauce, Mandarin Oranges, Milk	4 NO SCHOOL
7 NO SCHOOL	8 Spaghetti, Cottage Cheese, Dinner Roll, Baby Carrots, Romaine Lettuce, Mixed Fruit, Pineapple, Milk	9 Grilled Cheese, Cheddar Crackers, Tomato Soup, Celery, Kiwi, Applesauce, Milk'	10 Breaded Chicken Pattie/Bun, Peas, Romaine Lettuce, Crasins, Mandarin Oranges, Milk	11 PK-6 Hot Dog/Bun, 7-12 Italian Sub, Lettuce, Tomato, Onion, Baked Beans, Strawberries, Pears, Frito Chips, Milk
14 PK-6-Cheese Pizza 7-12-Choice Cheese Pizza or Pepperoni Pizza, Cucumber Slices, Romaine Lettuce, Kiwi, Mixed Fruit, Milk	15 Sloppy Joe/Bun, Cooked Carrots, Baked Beans, Dill Pickle, Applesauce, Peaches, Milk	16 Turkey & Gravy, Dinner Roll, Green Beans, Mashed Potatoes, Mandarin Oranges, Strawberries, Milk Pumpkin Bars HAPPY THANKSGIVING DINNER	17 Crispito/Cheese Sauce, Buttered Bread, Romaine Lettuce, Salsa, Celery, Blueberries, Watermelon, Milk	18 Mandarian Orange Chicken/Rice, Stir Fry Veggies, Cucumbers, Fresh Grapes, Pineapple, Milk
21 Tater Tot Casserole, Dinner Roll, Green Beans, Dinner Roll, Apple, Peaches, Milk	22 Pizza Crunchers, Baked Beans, Romaine Lettuce, Marinara Sauce, Banana, Pears, Milk	23 Ham/Turkey Sub, Sun Chips, Roamine Lettuce, Tomato Slices, Dill Pickle, Onion, Baby Carrots, Apple Sauce, Fruit Punch Frozen Froot Jooce, Milk	24 NO SCHOOL HAPPY THANKSGIVING	25 NO SCHOOL
28 Lasagna, Garlic Bread, Corn, Celery Sticks, Mandarian Oranges, Strawberries, Milk	29 Mini Corn Dogs, Baked Beans, Baby Carrots, Apple, Grapes, Doritos, Milk	30 Cheeseburger/Bun, Sweet Potato Fries, Dill Pickle, Tomato Slices, Onion, Romaine Lettuce, Pears, Peaches, 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