



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

Menu subject to change

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



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

Menu subject to change

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

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