

# September 2018

## Vinalhaven School

### LUNCH



In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



Lunch Price \$2.50. Free & reduced lunch applications are available. Grades 3-12 may purchase A La Carte items if they have money or Positive balance on account. If you any questions, please feel free to stop by and talk with us.



### Monday

NO SCHOOL

3

LABOR DAY

### Tuesday

Chicken Nuggets

4

Alt: Grilled Cheese  
Smiley Fries, Baked Beans  
Fruit

PB&J

### Wednesday

American Chop Suey w/Roll

5

Alt: Chicken Burger\*  
Cooked Carrots  
Fruit

PB&J

### Thursday

French Toast Sticks w/Sausage

6

Alt: Ham Italian  
Homefries  
Fruit & Yogurt Parfait

PB&J

### Friday

Pepperoni Pizza

7

Alt: Cheese Pizza  
Caesar Salad, Raw Veggie  
Fruit

PB&J

Popcorn Chicken

10

Alt: Grilled Cheese  
Mashed Potatoes, Baked Beans  
Fruit

PB&J

Beef Taco Bowls\*

11

Alt: Ham and Cheese Sand.  
Corn, Salsa, and Black Beans  
Fruit

PB&J

Spaghetti and Meatballs

12

Alt: Grilled Cheese  
Caesar Salad  
Fruit

PB&J

Pancakes

13

Alt: Steak Sub  
Homefries  
Fruit

PB&J

All Meat Pizza

14

Alt: Cheese Pizza  
Raw Veggies  
Fruit

PB&J

Chicken Parmesan Sand.

17

Alt: Grilled Cheese  
Cooked Carrots  
Fruit

PB&J

Chicken Quesadilla

18

Alt: Cheese Quesadilla  
Corn, Salsa, Black Beans  
Fruit

PB&J

Baked Macaroni and Cheese

19

Alt: Grilled Cheese  
Side Salad  
Fruit

PB&J

Waffles

20

Alt: Tuna Sub  
Homefries, Baked Beans  
Fruit

PB&J

Pepperoni Pizza

21

Alt: Cheese Pizza  
Raw Veggies  
Fruit

PB&J

Barbecue Chicken

24

Alt: Grilled Cheese  
Potato Salad, Baked Beans  
Fruit

PB&J

Chicken Nacho

25

Alt: Ham and Cheese Sub  
Corn, Salsa, and Black Beans  
Fruit

PB&J

Mozz. Sticks w/ Caesar Salad

26

Alt: Grilled Cheese  
Broccoli and Carrots  
Fruit

PB&J

Breakfast Sand. w/Sausage

27

Alt: Ham Italian  
Homefries  
Fruit

PB&J

Steak and Cheese Pizza

28

Alt: Cheese Pizza  
Raw Veggies  
Fruit

PB&J

\*Lettuce and Tomato are available

