

# VERNON MIDDLE AND HIGH SCHOOL

## MENU SEPTEMBER 2018

<p>3</p> <p><b>Student Holiday</b></p>	<p>4</p> <p><b>Breakfast</b> Breakfast Taquito <b>Lunch</b> Beef Tacos or Chicken Tacos</p>	<p>5</p> <p><b>Breakfast</b> Waffles &amp; Sausage <b>Lunch</b> Chicken Nuggets or Hamburger Steak</p>	<p>6</p> <p><b>Breakfast</b> Breakfast Pizza <b>Lunch</b> Chili Cheese Dog or Cheeseburger</p>	<p>7</p> <p><b>Breakfast</b> Donut Holes &amp; Sausage <b>Lunch</b> Pulled Pork Sandwich or Popcorn Chicken Salad</p>
<p>10</p> <p><b>Breakfast</b> Banana Bread &amp; Yogurt <b>Lunch</b> Corn dog or BBQ Rib Sandwich</p>	<p>11</p> <p><b>Breakfast</b> Pancakes &amp; Bacon <b>Lunch</b> Nachos Grande or X-treme Burrito</p>	<p>12</p> <p><b>Breakfast</b> Sausage Biscuit <b>Lunch</b> Crispy Chicken Sandwich or Chicken Fried Steak Sandwich</p>	<p>13</p> <p><b>Breakfast</b> Dutch Waffle &amp; Sausage <b>Lunch</b> Beefy Mac or Grill Cheese Sandwich</p>	<p>14</p> <p><b>Breakfast</b> Breakfast Burrito <b>Lunch</b> Cheese Pizza or Ham &amp; Cheese Melt</p>
<p>17</p> <p><b>Breakfast</b> Breakfast Pizza <b>Lunch</b> Steak Fingers or Meatloaf</p>	<p>18</p> <p><b>Breakfast</b> Chicken-n- Biscuit <b>Lunch</b> Cheese Enchiladas or Beefy Chalupas</p>	<p>19</p> <p><b>Breakfast</b> Power Breakfast <b>Lunch</b> Chicken Tenders or Cheeseburger</p>	<p>20</p> <p><b>Breakfast</b> Pancake Wrap &amp; Yogurt <b>Lunch</b> Pepperoni Pizza or Chicken Spaghetti</p>	<p>21</p> <p><b>Breakfast</b> Cinnamon Roll &amp; Bacon <b>Lunch</b> Pulled Pork Sandwich or Shrimp Poppers</p>
<p>24</p> <p><b>Breakfast</b> Breakfast Bread Loaf &amp; Yogurt <b>Lunch</b> Ranchero Wrap or Broccoli &amp; Chicken Penne</p>	<p>25</p> <p><b>Breakfast</b> Cheesy Toast <b>Lunch</b> Italian Hoagie or Chicken Alfredo</p>	<p>26</p> <p><b>Breakfast</b> French Toast &amp; Sausage <b>Lunch</b> Lion Bowl or Breaded Pork Chop</p>	<p>27</p> <p><b>Breakfast</b> Pancakes &amp; Bacon <b>Lunch</b> Chicken Fajita or Tex-Mex Stack</p>	<p>28</p> <p><b>Breakfast</b> Breakfast Burrito <b>Lunch</b> Fish Basket or Cheeseburger</p>
<p><b>Start Each Day With A Healthy Breakfast</b></p>		<p><b>Offered Daily Breakfast:</b> Fruit Flavored or Unflavored Milk <b>Lunch:</b> Flavored or Unflavored Milk</p>		<p><b>Proud to be a LION</b></p>

**\*Menu subject to change without notice.**

This institution is an equal opportunity provider.