

## SCHOOL MENUS

### School Lunch Menu's

Menus listed below are for January 30 – February 5. Menus are subject to change without notice.

#### Vermillion Elementary & Middle School - Breakfast Available everyday:

Breakfast entrée or choice of cereals with toast. Fruit or Fruit Juice, Milk choices.

Wednesday – Breakfast Biscuit Sandwich with Egg and Cheese, Fruit, Milk Choices

Thursday – Pancake Sausage Stick, Fruit, Milk Choices

Friday – Fresh Baked Cinnamon Roll, 100% Fruit Juice, Milk Choices

Monday – Pancakes w/syrup, Fruit, Milk Choices

Tuesday – Breakfast Pizza, Fruit, Milk Choices

Vermillion Elementary Schools – Lunch

Wednesday – A. Cheeseburger, B. Pizza Hut Pizza (Jolley) Cheese Pizza, (Austin), Green Beans, Waldorf Dessert

Thursday- A. Super Nachos Whole Grain Rice, B. Baked Breaded

Fish Sandwich, Refried Beans

Friday – A. Lasagna, B. Baked Crispy Chicken Sandwich, Steamed Carrots, Caramel Mousse Dessert

Monday – A. Cheeseburger, B. Italian Dunkers with Marinara Sauce, Green Beans

Tuesday – A. Homestyle Meatloaf, Whole Grain Roll, B. Baked Chicken Nuggets, Whole Grain Roll, Mashed Potatoes & Gravy

#### Vermillion High & Middle School – Lunch

Wednesday – A. Cheeseburger, B. Pizza Hut Pizza, C. Sub Sandwich, Green Beans, Waldorf Dessert

Thursday – A. Super Nachos Whole Grain Rice, B. Baked Breaded Fish Sandwich, C. Crispy Chicken Salad Breadstick, Refried Beans

Friday – A. Lasagna, B. Baked Crispy Sandwich, C. Sub Sandwich, Steamed Carrots, Caramel Mousse Dessert

Monday – A. Cheeseburger, B. Italian Dunkers with Marinara

Sauce, C. Sub Sandwich, Green Beans

Tuesday – A. Homestyle Meatloaf, Whole Grain Roll, B. Baked Chicken Nuggets, Whole Grain Roll, C. Oriental Salad Whole Grain Roll, Mashed Potatoes & Gravy

#### Elk Point Breakfast and Lunch

Wednesday – Pancakes & Sausage & Fruit- Lunch: Mr. Rib or General Chicken, Rice, Stir Fry Veggies, Cauliflower, Pineapple

Thursday – Eggs & Toast & Fruit- Lunch: Taco Pizza or Stuffed Baked Potato, Baked Beans, Apple Pie

Friday – Cinnamon Buns & Fruit- Lunch: Breaded Chicken Sand. Or French Dip, Fr. Fries, Spinach, Mix. Veg. Oranges

Monday – Eggs & Toast & Fruit- Lunch: Meat Nachos or Chicken Fajita, Rice, Ref. Beans, Salsa, Baked Apples

Tuesday – Breakfast Burrito & Fruit- Lunch: Fish Shapes or Beef Stroganoff, Noodles,

Asparagus, Carrots, Mixed Fruit

Irene-Wakonda School – Breakfast

Available every day: Breakfast entrée or Choice of cereals w/toast, Fruit, Milk Choices

Wednesday – Homestyle Sausage Gravy over Fresh Baked Biscuit, Fruit, Milk Choices

Thursday – Fresh Baked Cinnamon Roll, 100% Fruit Juice, Milk Choices

Friday – NA

Monday – Breakfast Pizza, Fruit, Milk Choices

Tuesday – Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit, Fruit, and Milk Choices

Irene-Wakonda Elementary School – Lunch

Wednesday – A. Baked Chicken Nuggets, B. Breaded Pork Patty, Mashed Potatoes and Gravy, Caramel Mousse Dessert

Thursday – A. Baked Breaded Fish Sandwich, B. Pizza, Steamed Carrots

Monday – A. Cheeseburger, B. Italian Dunkers with Marinara Sauce, Green Beans, Chocolate Pudding

Tuesday – A. Homestyle Burrito, B. Baked Mini Corn Dogs, Black Beans

#### Irene-Wakonda High & Middle School – Lunch

Wednesday – A. Baked Chicken Nuggets, Whole Grain Roll, B. Breaded Pork Patty, Whole Grain Roll, C. Sub Sandwich, Mashed Potatoes & Gravy, Caramel Mousse Dessert

Thursday – A. Baked Breaded Fish Sandwich, B. Pizza, C. Deli Wrap, Steamed Carrots

Friday – NA

Monday – A. Cheeseburger, B. Italian Dunkers with Marinara Sauce, C. Sub Sandwich, Green Beans, Chocolate Pudding

Tuesday – A. Homestyle Burrito, B. Baked Mini Corn Dogs, C. Crispy Chicken Salad Breadstick, Black Beans

## DAKOTA SENIOR MEALS

Dakota Senior Meals Served at The Main Street Center &

Town Square, "Meals on Wheels"

Please call before 9:00am to schedule or cancel a meal at 624-7868.

Menus listed below are January 30 – February 5. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted

Wednesday – Country Fried Steak, Mashed Potatoes and Gravy, Peas, Apricots

Thursday – Meatballs, Buttered Noodles, Peas, Creamy Cabbage, Orange

Friday – French Dip Sandwich with Au Jus, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce

Monday – Shepard's Pie, Broccoli, Pears

Tuesday – Liver and Onions, or sub Baked Potato with Sour Cream, Green Beans, Fruit



## END ROLLS

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2005 GMC Envoy XL, one owner, 7 passenger seating, 86K.....	\$11,995
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2010 Chevrolet Malibu LT, one owner, 18K.....	\$17,995
2008 Buick Lucerne CXL, 3800 V6, local trade-in, 48K.....	\$17,995
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2008 Chevrolet Silverado 1500 LT, Ext. Cab, shortbox, 4x4, 65K.....	\$19,995
2012 Chevrolet Silverado 1500, Reg. Cab, longbox 4x4, 13K.....	\$20,995
2010 Buick Lucerne CXL, one owner, white diamond, 56K.....	\$20,995
2009 Chevrolet Traverse LT, all wheel drive, 71K.....	\$21,995
2007 Chevrolet Silverado 1500 LT, Ext. Cab, shortbox, 4x4, 34K.....	\$22,995
2011 Buick Lucerne CXL, cloth interior.....	\$22,995
2010 Chevrolet Silverado 1500 LT, Ext. Cab, shortbox, 4x4, 38K.....	\$23,995
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2009 Buick Enclave CXL, all wheel drive, 29K.....	\$25,995
2010 GMC Terrain SLT, all wheel drive, navigation system, 20K.....	\$25,995
2011 GMC Terrain SLT, all wheel drive, 20K.....	\$26,995
2012 GMC Terrain SLT, all wheel drive, 13K.....	\$27,995
2011 Chevrolet Silverado 1500 LT, Crew Cab, shortbox, 4x4, 43K.....	\$28,995
2011 Chevrolet Silverado 1500 LT, Crew Cab, shortbox, 4x4, 10K.....	\$30,995
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2012 Chevrolet Silverado 1500, Crew Cab, shortbox, 4x4, 3K.....	\$32,995
2010 Chevrolet Tahoe LT, heated seats, 19K.....	\$36,995
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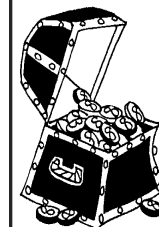
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