## **MENUS**

School Lunch Menu's Menus listed below are for October 3-9. Menus are subject to change without notice.

## Vermillion **Elementary Schools – Breakfast**

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

Wednesday - Homestyle Breakfast biscuit sandwich Thursday – Pancake sausage stick Friday – No School Monday – No School Tuesday – Breakfast Pizza

### Vermillion **Elementary Schools –** Lunch

Wednesday – Toasted Cheese sandwich w/Tomato Soup or Fresh Baked Pizza, steamed carrots, gelatin dessert

Thursday – Hot Dog or Grilled Chicken sandwich, baked beans, apples Friday – No School

Monday - No School Tuesday – Soft Shell Tacos or Baked Crispy Chicken Sandwich, marinated black bean salad

#### **Vermillion High** & Middle School -Lunch

Wednesday - Toasted Cheese & Ham Sandwich w/Tomato Soup or Home-style Pizza or Sub Sandwich (HS), steamed broccoli, gelatin dessert Thursday - Hot Dog, Grilled Chicken Sandwich or Crispy chicken Salad, breadstick, baked beans, apples Friday – No School Monday – No School Tuesday – Soft Shell Tacos or Baked Crispy Chicken Sandwich or Oriental Salad, roll,

marinated black bean

salad

#### Elk Point Breakfast and Lunch

Wednesday – Waffles &

sausage, fruit – Lunch:

Tavern or French Dip, cheesy potatoes, broccoli, peaches Thursday – Biscuits & gravy, fruit – Lunch: Mr. Rib or Genera's Chicken, rice, mixed vegetables, pineapple Friday – Cinnamon Buns & Fruit – Lunch: Buffalo Chicken Pizza or Chicken ala King on a biscuit, green beans, baked apple Monday No School Tuesday – Breakfast Burrito & fruit – Lunch: Chicken Nuggets or Salisbury Steak, mashed potatoes & gravy, corn, mixed fruit.

## Irene-Wakonda Elementary School – **Breakfast**

Available every day:

Breakfast entrée or Choice of cereals w/toast, Fruit, Milk Choices

Wednesday – home-style Sausage gravy over bis-Thursday - Fresh Baked Cinnamon roll

Friday - NA Monday - No School Tuesday – Breakfast

Pizza

## Irene-Wakonda Elementary School – Lunch

Wednesday - Baked Chicken Nuggets, roll or Breaded Pork Patty, roll, mashed potatoes &U gravy, chocolate pudding Thursday – Baked Breaded Fish Sandwich or Pizza, steamed carrots Friday – NA

Monday - No School Tuesday – Golden Macaroni & Cheese, breadstick or Italian Dunkers w/Marinara

Sauce, green beans, fruit fluff dessert

## Irene-Wakonda High & Middle School -Lunch

Wednesday - Country Fried Steak or Baked Chicken Nuggets, roll or Sub Sandwich, mashed potatoes & gravy, chocolate pudding Thursday - Baked Breaded Fish & Cheese Sandwich or Pizza or Deli Wrap, steamed carrots Friday – NA

Monday - No School Tuesday – Golden Macaroni & Cheese, breadstick or Italian Dunkers w/Marinara Sauce or Sub Sandwich, green beans, fruit fluff dessert

#### **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 October 3 - 9. Menus

are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted

Wednesday – Meatloaf, baked potato w/sour cream, creamed peas, pineapple apricots Thursday – Chicken shepherd's pie, broccoli, banana Friday – French dip sandwich w/Au Jus, oven browned potatoes, mixed vegetables, strawberry applesauce Monday – Holiday – No Meals Tuesday – Beef Stroganoff, orangespiced carrots, ruby beet salad, fruit



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