

# MENUS

## School Lunch Menu's

Menus listed below are for September 19 - 25. 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 - Home-style breakfast biscuit sandwich

Thursday - Pancake sausage stick

Friday - Fresh backed cinnamon roll

Monday - Cheese omelet

Tuesday - Breakfast Pizza

## Vermillion Elementary Schools - Lunch

Wednesday - Mojo Sandwich or Fresh baked pizza, Baked tator tots

Thursday - Toasted cheese sandwich with tomato soup or Hot dog, green beans

Friday - Spaghetti w/meat sauce or Baked crispy chicken sandwich,

peas, gelatin dessert  
Monday - Chicken Stew w/biscuit or Cheeseburger, mixed vegetables  
Tuesday - Fajita or Baked mini corn dogs, golden corn, stained glass dessert

## Vermillion High & Middle School - Lunch

Wednesday - Mojo sandwich or Pizza or Combo sandwich, baked tator tots

Thursday - Toasted cheese & ham sandwich w/tomato soup or Hot dog, pasta salad or Crispy chicken salad, breadstick, green beans

Friday - Spaghetti w/meat sauce or Baked crispy chicken sandwich or Sub sandwich, peas, gelatin dessert

Monday - Chicken stew w/biscuit or Cheeseburger or Sub sandwich, mixed vegetables

Tuesday - Fajitas or Baked mini corn dogs or Chef salad, whole grain roll, golden corn, stained glass dessert

Wednesday - Home-style sausage gravy over fresh baked biscuit

Thursday - Fresh baked cinnamon roll

Friday - NA

Monday - Breakfast

## Elk Point Breakfast and Lunch

Wednesday - French toast sticks, sausage, fruit - Lunch: Chili dog or Seafood salad Sub,

rotini noodles, broccoli & cauliflower, rosy pears

Thursday - Biscuits & gravy, fruit - Lunch: Chicken Nuggets or Beef & broccoli, noodles, sweet potatoes, blueberry cheesecake

Friday - Muffin & Fruit - Lunch: Corn dogs or Buffalo chicken wrap, French fries, green beans w/cheese, berries & cream

Monday - Eggs, toast & fruit - Lunch: Spaghetti w/meat sauce or chicken carbonara sauce, stir fry vegetables, pineapple cake

Tuesday - Breakfast Burrito & fruit - Lunch: Soft tacos or Chicken fajitas, brown rice, refried beans, fresh salsa, peaches

Wednesday - Taco in a bag or Home-style skillet cheeseburger Mac or Sub sandwich, refried beans

Thursday - Mojo sandwich or Pizza or Deli Wrap, baked tator tots, gelatin desert

Friday - Na

Monday - Chicken stew w/biscuit or Cheeseburger or Sub sandwich, mixed vegetables

Tuesday - Fajita or Baked mini corn dogs or Chef salad w/whole grain roll, golden corn,

stained glass dessert

Wednesday - 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 September 19 - 25. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted

Wednesday - Salisbury steak w/gravy, mashed potatoes, parsley carrots, apple

Thursday - Swedish meatballs, noodles, peas, creamy coleslaw, banana

Friday - Baked fish,

stained glass dessert  
Tuesday - Breakfast biscuit sandwich

## Irene-Wakonda Elementary School - Lunch

Wednesday - Taco in a bag or Home-style skillet cheeseburger Mac, refried beans

Thursday Mojo Sandwich or Pizza, baked tator tots, gelatin dessert

Friday - NA

Monday - Chicken stew w/biscuit or Cheeseburger, mixed vegetables

Tuesday - Fajita or Baked mini corn dogs, golden corn, stained glass dessert

## Irene-Wakonda High & Middle School - Lunch

Wednesday - Taco in a bag or Home-style skillet cheeseburger Mac or Sub sandwich, refried beans

Thursday - Mojo sandwich or Pizza or Deli Wrap, baked tator tots, gelatin desert

Friday - Na

Monday - Chicken stew w/biscuit or Cheeseburger or Sub sandwich, mixed vegetables

Tuesday - Fajita or Baked mini corn dogs or Chef salad w/whole grain roll, golden corn,

stained glass dessert

Wednesday - 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 September 19 - 25. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted

Wednesday - Salisbury steak w/gravy, mashed potatoes, parsley carrots, apple

Thursday - Swedish meatballs, noodles, peas, creamy coleslaw, banana

Friday - Baked fish,

stained glass dessert  
Tuesday - Breakfast biscuit sandwich

## Irene-Wakonda Elementary School - Lunch

Wednesday - Taco in a bag or Home-style skillet cheeseburger Mac, refried beans

Thursday Mojo Sandwich or Pizza, baked tator tots, gelatin dessert

Friday - NA

Monday - Chicken stew w/biscuit or Cheeseburger, mixed vegetables

Tuesday - Fajita or Baked mini corn dogs, golden corn, stained glass dessert

## Irene-Wakonda High & Middle School - Lunch

Wednesday - Taco in a bag or Home-style skillet cheeseburger Mac or Sub sandwich, refried beans

Thursday - Mojo sandwich or Pizza or Deli Wrap, baked tator tots, gelatin desert

Friday - Na

Monday - Chicken stew w/biscuit or Cheeseburger or Sub sandwich, mixed vegetables

Tuesday - Fajita or Baked mini corn dogs or Chef salad w/whole grain roll, golden corn,

stained glass dessert

Wednesday - Dakota Senior Meals Served at The Main Street Center & Town Square, "Meals on Wheels"

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Menus listed below are September 19 - 25. Menus are subject to change without notice. All menus are served with whole grain bread and 1% milk unless otherwise noted

Wednesday - Salisbury steak w/gravy, mashed potatoes, parsley carrots, apple

Thursday - Swedish meatballs, noodles, peas, creamy coleslaw, banana

Friday - Baked fish,

company potatoes, stewed tomatoes, orange  
Monday - Ham, baked sweet potato, green beans, tropical fruit  
Tuesday - Brat on a bun w/sauerkraut, scalloped potatoes, carrots, peaches

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