

Vanguard Tech Center – Cycle Menu



Vanguard-Sentinel
Career and Technology
Centers

MEAL PRICING:

Adults-	\$3.10
Student Lunch	\$2.85
Reduced Lunch	\$0.40
Breakfast	\$1.50
Milk	\$0.50

2016-2017 SCHOOL LUNCH MENU



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breaded Chicken Sandwich French Fries Lettuce / Pickles Mandarin Oranges Fresh Fruit Milk	Beef /Cheese Nachos Lettuce / Salsa Steamed Corn Refried Beans Cucumber Slices Diced Pears Milk	General Tso Popcorn Chicken w/g roll Steamed Rice Broccoli Pineapple Fortune cookie Milk	Chicken Alfredo w/roll Or Sloppy Joe Steamed Peas Romaine Salad Fresh Fruit Pumpkin Custard Milk	Meatball Sub Or Deli Turkey Sub California Blend Celery Sticks Applesauce Fresh Fruit Milk
2	Cheeseburger French Fries Tomato/lettuce Pickle Slices Peaches Fresh Fruit Cookie Milk	Chicken Gravy Over Mashed Potatoes w/roll OR Salisbury Peas & Carrots Romaine Salad Mandarin Oranges Fresh Fruit Milk	Chicken/Cheese Quesadilla Refried Beans Steamed Corn Celery Sticks Diced Pears Fresh Fruit Milk	Spaghetti w/ meat sauce Breadstick Green Beans Romaine Salad Pineapple Fresh Fruit Milk	Toasted Ham & Cheese Sub Tomato Soup Crackers Romaine Salad Applesauce Fresh Fruit Milk
3	B.B.Q Pulled Pork Sandwich French Fries Pickles Carrot Sticks Mandarin Oranges Fresh Fruit Milk	Macaroni & Cheese w/roll Peas & Carrots Romaine Salad Applesauce Fresh Fruit Milk	Walking Taco Lettuce/Cheese Corn Seasoned Rice Romaine Salad Pears Milk	Mini Corn Dogs Baked Beans Chips Cole Slaw Peaches Fresh Fruit Milk	Cheesy Texas Toast Marinara sauce California Blend Romaine Salad Orange Wedges Fresh Fruit Milk
4	Cheeseburger French Fries Pickle /lettuce Peach Slices Fresh Fruit Cookie Milk	Potatoes & Ham w/roll Green Beans Romaine Salad Apple Crisp Fresh Fruit Milk	Shredded Chicken Sandwich OR Hot Dog Baked Beans Chips Applesauce Carrot Sticks Milk	Chicken Tenders Wheat Roll Mashed Potatoes & Gravy Romaine Salad Pears Fresh Fruit Milk	Bosco Sticks Marinara Sauce California Blend Romaine Salad Pineapple Tidbits Fresh Fruit Milk

DAILY SELECTIONS:

ENTREES

Pizza's
Sub Sandwich
Chef Salad

All Entrees include of 1 cup vegetables and 1 cup - fruit. And a milk

We also offer a variety of la carte items in the cafeteria

Cash and Checks can be applied to your lunch account in the Cafeteria

OR
LOG-ON To www.payforit.net
To Apply with Credit Cards.

419 332-2626
Cafeteria EXT: 2730

MONDAY

BACON
BREAKFAST PIZZA
FRESH FRUIT
JUICE CHOICE
STRING CHEESE
MILK

TUESDAY

SAUSAGE EGG
CHEESE BAGEL
FRESH FRUIT
JUICE CHOICE
YOGURT CUP
MILK

WEDNESDAY

FRENCH TOAST
STICKS /SYRUP
FRESH FRUIT
JUICE CHOICE
STRING CHEESE
MILK

THURSDAY

SAUSAGE
BREAKFAST BAGEL
FRESH FRUIT
JUICE CUP
YOGURT CUP
MILK

FRIDAY

EGG/HAM/CHEESE
ENGLISH MUFFIN
FRESH FRUIT
JUICE CHOICE
STRING CHEESE
MILK

January 2017

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2017

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2017

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2017

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

May 2017

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Week 1 Meal Plan Week 2 Meal Plan Week 3 Meal Plan Week 4 Meal Plan