

SEPTEMBER | 2024

VANGUARD TECH CENTER LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 NO SCHOOL!	3 SPAGHETTI W/ MEAT SAUCE BREAD STICK GREEN BEANS FRESH VEGETABLES FRUIT CHOICE MILK	4 NACHOS (BEEF OR CHICKEN) STEAMED CORN REFRIED BEANS FRESH VEGETABLES FRUIT CHOICE MILK	5 GENERAL TSO STEAMED RICE BROCCOLI FRESH VEGETABLES FRUIT CHOICE MILK	6 BONELESS WINGS FRENCH FRIES FRESH VEGETABLES FRUIT CHOICE MILK
9 MAC & CHEESE ROLL PEAS FRESH VEGETABLES FRUIT CHOICE MILK	10 HOT DOGS FRENCH FRIES FRESH VEGETABLES FRUIT CHOICE MILK	11 VARIETY PIZZA MIXED VEGETABLES FRESH VEGETABLES FRUIT CHOICE MILK	12 CHICKEN AND GRAVY OVER MASHED POTATOES CARROTS/ROLL FRESH VEGETABLES FRUIT CHOICE MILK	13 SLOPPY JOE BAKED BEANS FRESH VEGETABLES FRUIT CHOICE MILK
16 CHICKEN ALFREDO BROCCOLI/ROLL FRESH VEGETABLES FRUIT CHOICE MILK	17 SHREDDED CHICKEN SANDWICH SWEET POTATO FRIES FRESH VEGETABLES FRUIT CHOICE MILK	18 PULLED PORK QUESADILLA REFRIED BEANS STEAMED CORN FRESH VEGETABLES FRUIT CHOICE MILK	19 CHICKEN DRUM STICKS MASHED POTATOES GREEN BEANS W/ROLL FRESH VEGETABLES FRUIT CHOICE MILK	20 FRENCH TOAST STICKS SAUSAGE HASH BROWNS CELERY & PEANUT BUTTER APPLE JUICE MILK
23 CHICKEN BACON RANCH PIEROGIES CARROTS/ ROLL FRESH VEGETABLES FRUIT CHOICE MILK	24 CHEESE BURGER FRENCH FRIES FRESH VEGETABLES FRUIT CHOICE MILK	25 POPCORN CHICKEN BOWL MASHED POTATOES & GRAVY STEAMED CORN/ ROLL FRESH VEGETABLES FRUIT CHOICE MILK	26 BREADED CHICKEN PATTY SANDWICH FRENCH FRIES FRESH VEGETABLE FRUIT CHOICE MILK	27 NO SCHOOL!
30 MINI CORN DOGS BAKED BEANS BAKED CHIPS FRESH VEGETABLES FRUIT CHOICE MILK	1 BONELESS WINGS SWEET POTATO FRIES FRESH VEGETABLES FRUIT CHOICE MILK	2 GENERAL TSO STEAMED RICE BROCCOLI FRESH VEGETABLES FRUIT CHOICE MILK	3 NACHOS (PULLED PORK OR CHICKEN) STEAMED CORN REFRIED BEANS FRESH VEGETABLES FRUIT CHOICE MILK	4 BOSCO STICKS W/ MARINARA MIXED VEGETABLES FRESH VEGETABLES FRUIT CHOICE MILK

News
BREAKFAST SERVED
DAILY
7:30-8:20
MAIN ENTRÉE-FRUIT-
JUICE-MILK
PAID \$1.75

LUNCH PRICES
PAID LUNCH \$3.00

ADULT \$3.50

ADDITIONAL DAILY
LUNCH OPTIONS
ASSORTED PIZZA'S
WRAPS & SALADS

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