

Vernon Parish Schools
Foodservice and Nutrition

Lunch Menu
AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
				
7	8	9	10	11
		Chicken Nuggets Macaroni & Cheese Green Beans Chilled Pear Halves W.G. Roll Salad Bar Choice of Milk Condiments By: Laura Wilson, West Elem	Taco Salad/W.G. Chips Mexicana Corn Taco Salad Cup Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Sloppy Joe/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments
14	15	16	17	18
Hamburger/W.W. Bun French Fries Ranch Style Beans Lettuce/tomato/pickle Cup Orange Wedges Salad Bar Choice of Milk Condiments	Chicken/Sausage Gumbo Steamed Rice Potato Salad Seasoned Green Beans Peach Crunch Crackers Salad Bar Choice of Milk Condiments	BBQ Beef/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Pinto Beans & Sausages Steamed W. G. Rice Turnip Greens Orange Wedges W. W. Cornbread Salad Bar Choice of Milk Condiments	Beef/Chili /Cheese Nachos Corn on Cobb Ranch Style Beans Apple Wedges Salad Bar Choice of Milk Condiments
21	22	23	24	25
Steak Fingers Mashed Potatoes & Gravy Italian Seasoned Green Beans Beans Peaches & Jell O Cup W.W. Roll Salad Bar Choice of Milk Condiments	B.B.Q Ribettes /W.W. Bun Macaroni & Cheese Peas & Carrots Pineapple Chunks Salad Bar Choice of Milk Condiments	Southern Baked BBQ Chicken White Northern Beans Broccoli Rice & Cheese Cantaloupe W.W. Cornbread Salad Bar Choice of Milk Condiments	Meat Loaf Spanish Rice Frz. Vegetable Medley Fruit (Mgrs. Choice) W.W. Roll Salad Bar Choice of Milk Condiments	Chili / Hot Dog/W.W. Bun French Fries Ranch Style Beans Watermelon Coleslaw Choice Milk Condiments
28	29	30	31	
Chicken Shoestrings Baked Sweet Potato Patties Broccoli & Cheese Florets Mixed Fruit W. W. Roll Salad Bar Choice of Milk Condiments	W. G. Spaghetti & Meat Sauce Steam Corn Toss Salad Cup W. W. Garlic Bread Cantaloupe Salad Bar Condiments By: Phyllis Monroe Simpson	Corndog Bush Baked beans Oven Baked Fries Mixed Fruit Salad Bar Choice of Milk Condiments	Egg Rolls Fried Rice Frz. Mix Vegetables Cheese Stick Chilled Peaches Salad Bar Choice of Milk Condiments By: Sharon Wilhelm L.H.S.	Menus are subject to change due to availability of food items

Vernon Parish Schools
Foodservice and Nutrition

Lunch Menu
SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Grill Cheese Sandwich Vegetable Soup Carrots/Cukes/Broccoli Cup Apple Wedges Chocolate Pudding Salad Bar Choice of Milk Condiments
4	5	6	7	8
Labor Day 	Chicken Shoestrings Baked Sweet Potato Patties Steamed Broccoli Florets Mixed Fruit W. W. Roll Salad Bar Choice of Milk Condiments	W. G. Spaghetti & Meat Sauce Steam Corn Toss Salad Cup W. W. Garlic Bread Cantaloupe Salad Bar Condiments By: Phyllis Monroe Simpson	Corndog Bush Baked beans Oven Baked Fries Mixed Fruit Salad Bar Choice of Milk Condiments	Egg Rolls Fried Rice Frz. Mix Vegetables Cheese Stick Chilled Peaches Salad Bar Choice of Milk Condiments By: Sharon Wilhelm LHS Cafeteria
11	12	13	14	15
Steak Fingers Mashed Potatoes w/Gravy Italian Seasoned Green Beans Peaches & Jello Cup W.W. Roll Salad Bar Choice of Milk Condiments	B.B.Q Ribettes /W.W. Bun Macaroni & Cheese Peas & Carrots Pineapple Chunks Salad Bar Choice of Milk Condiments	Southern Baked BBQ Chicken White Northern Beans Broccoli Rice Cantaloupe W.W. Cornbread Salad Bar Choice of Milk Condiments	Meat Loaf Spanish Rice Frz. Vegetable Medley Fruit (Mgrs. Choice) W.W. Roll Salad Bar Choice of Milk Condiments	Chili/Hot Dog/W.W. Bun French Fries Ranch Style Beans Watermelon Coleslaw Choice Milk Condiments
18	19	20	21	22
Hamburger/W.W. Bun French Fries Ranch Style Beans Lettuce/tomato/pickle Cup Orange Wedges Salad Bar Choice of Milk Condiments	Chicken/Sausage Gumbo Steamed Rice Potato Salad Seasoned Green Beans Peach Crunch Crackers Salad Bar Choice of Milk Condiments	BBQ Beef/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Pinto Beans & Sausages Steamed W. G. Rice Turnip Greens Orange Wedges W. W. Cornbread Salad Bar Choice of Milk Condiments	Beef/Chili /Cheese Nachos Corn on Cobb Ranch Style Beans Apple Wedges Salad Bar Choice of Milk Condiments
25	26	27	28	29
Chicken Nuggets Macaroni & Cheese Green Beans Chilled Pear Halves W.G. Roll Salad Bar Choice of Milk Condiments By: Laura Wilson West Elem	Taco Salad/W.G. Chips Mexicana Corn Taco Salad Cup Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Sloppy Joe/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Beef/Cheese Pizza Steamed W. K. Corn Toss Salad Cup Mixed Fruit Ice Cream Cup Salad Bar Choice of Milk Condiments	Breaded Catfish Strips Oven Fries Coleslaw Hushpuppies Cantaloupe Salad Bar Choice of Milk Condiments

Vernon Parish Schools
Foodservice and Nutrition

Lunch Menu
OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Shoestrings Baked Sweet Potato Patties Steamed Broccoli Florets Mixed Fruit W. W. Roll Salad Bar Choice of Milk Condiments	W. G. Spaghetti & Meat Sauce Steam Corn Toss Salad Cup W. W. Garlic Bread Watermelon Salad Bar Condiments By: Phyllis Monroe Simpson	Corndog Bush Baked beans Oven Baked Fries Mixed Fruit Salad Bar Choice of Milk Condiments	Staff Inservice (a.m.) Parent/Teacher Conference (p.m.) Student Holiday	6  No School
9	10	11	12	13
	B.B.Q Ribettes /W.W. Bun Macaroni & Cheese Green English Peas Pineapple Chunks Salad Bar Choice of Milk Condiments	Southern Baked BBQ Chicken White Northern Beans Broccoli Rice & Cheese Cantaloupe W.W. Cornbread Salad Bar Choice of Milk Condiments	Meat Loaf Spanish Rice Frz. Vegetable Medley Fruit (Mgrs. Choice) W.W. Roll Salad Bar Choice of Milk Condiments	Chili/Hot Dog/W.W. Bun French Fries Ranch Style Beans Watermelon Coleslaw Choice Milk Condiments
16	17	18	19	20
Hamburger/W.W. Bun French Fries Ranch Style Beans Lettuce/tomato/pickle Cup Orange Wedges Salad Bar Choice of Milk Condiments	Chicken/Sausage Gumbo Steamed Rice Potato Salad Seasoned Green Beans Peach Crunch Crackers Salad Bar Choice of Milk Condiments	BBQ Beef/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Pinto Beans & Sausages Steamed W. G. Rice Turnip Greens Orange Wedges W. W. Cornbread Salad Bar Choice of Milk Condiments	Beef/Chili /Cheese Nachos Corn on Cobb Ranch Style Beans Apple Wedges Salad Bar Choice of Milk Condiments
23	24	25	26	27
Chicken Nuggets Macaroni & Cheese Green Beans Chilled Pear Halves W.G. Roll Salad Bar Choice of Milk Condiments By: Laura Wilson West Elem.	Taco Salad/W.G. Chips Mexicana Corn Taco Salad Cup Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Sloppy Joe/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Beef/Cheese Pizza Steamed W. K. Corn Toss Salad Cup Mixed Fruit Ice Cream Cup Salad Bar Choice of Milk Condiments	Breaded Catfish Strips Oven Fries Coleslaw Hushpuppies Cantaloupe Salad Bar Choice of Milk Condiments
30	31			
Chicken Shoestrings Baked Sweet Potato Patties Steamed Broccoli Florets Mixed Fruit W. W. Roll Salad Bar Choice of Milk Condiments	W. G. Spaghetti & Meat Sauce Steam Corn Toss Salad Cup W. W. Garlic Bread Watermelon Salad Bar Condiments By: Phyllis Monroe Simpson		MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS	

Vernon Parish Schools
Foodservice and Nutrition

Lunch Menu
NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Corndog Bush Baked beans Oven Baked Fries Mixed Fruit Salad Bar Choice of Milk Condiments	Chicken Breast Patty/ W.W. Bun Potato Tots Steamed Broccoli Oatmeal Raisin Cookie Apricots Salad Bar Choice of Milk Condiments	Egg Rolls Fried Rice Frz. Mix Vegetables Cheese Stick Chilled Peaches Salad Bar Choice of Milk Condiments By: Sharon Wilhelm LHS Cafeteria
6	7	8	9	10
Hamburger/W.W. Bun French Fries Ranch Style Beans Lettuce/tomato/pickle Cup Orange Wedges Salad Bar Choice of Milk Condiments	Chicken/Sausage Gumbo Steamed Rice Potato Salad Seasoned Green Beans Peach Crunch Crackers Salad Bar Choice of Milk Condiments	BBQ Beef/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Pinto Beans & Sausages Steamed W. G. Rice Turnip Greens Orange Wedges W. W. Cornbread Salad Bar Choice of Milk Condiments	Happy Veteran's Day 
13	14	15	16	17
Beef/Chili /Cheese Nachos Corn on Cobb Ranch Style Beans Apple Wedges Salad Bar Choice of Milk Condiments	Steak Fingers Mashed Potatoes/Gravy Italian Seasoned Green Beans Peaches & Jell O Cup W.W. Roll Salad Bar Choice of Milk Condiments	Thanksgiving Dinner Sliced Turkey Cornbread Dressing Giblet Gravy English Peas Cranberry Sauce Sweet Potato Crunch Fresh Fruit (Mgrs.Choice) W.W. Roll Salad Bar Choice of Milk Condiments	B.B.Q Ribettes /W.W. Bun Macaroni & Cheese Peas & Carrots Pineapple Chunks Salad Bar Choice of Milk Condiments	Chili/Hot Dog/W.W. Bun French Fries Ranch Style Beans Watermelon Coleslaw Choice Milk Condiments
20	21	22	23	24
Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
27	28	29	30	
Chicken Shoestrings Baked Sweet Potato Patties Steamed Broccoli Florets Mixed Fruit W. W. Roll Salad Bar Choice of Milk Condiments	W. G. Spaghetti & Meat Sauce Steam Corn Toss Salad Cup W. W. Garlic Bread Watermelon Salad Bar Condiments By: Phyllis Monroe Simpson	Corndog Bush Baked beans Oven Baked Fries Mixed Fruit Salad Bar Choice of Milk Condiments	Egg Rolls Fried Rice Frz. Mix Vegetables Cheese Stick Chilled Peaches Salad Bar Choice of Milk Condiments By: Sharon Wilhelm LHS Cafeteria	MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD ITEMS

Vernon Parish Schools
 Foodservice and Nutrition
Lunch Menu
DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Cheese Burger/W.W. Bun Vegetable Soup Fresh Carrots/Cuke/Broccoli Cup Apple Wedges Yogurt Salad Bar Choice Milk Condiments
4	5	6	7	8
Chicken Nuggets Macaroni & Cheese Green Beans Chilled Pear Halves W.G. Roll Salad Bar Choice of Milk Condiments By: Laura Wilson West Elem.	Taco Salad/W.G. Chips Mexicana Corn Taco Salad Cup Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Sloppy Joe/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	Chicken/Sausage Gumbo Steamed Rice Potato Salad Seasoned Green Beans Peach Crunch Crackers Salad Bar Choice of Milk Condiments	Breaded Catfish Strips Oven Fries Coleslaw Hushpuppies Cantaloupe Salad Bar Choice of Milk Condiments
11	12	13	14	15
Hamburger W.W. Bun French Fries Ranch Style Beans Lettuce/tomato/ Pickle Cup Orange Wedges Salad Bar Choice of Milk Condiments	BBQ Beef/W.W Bun Potato Rounds Green Lima Beans Fruit (Mgrs. Choice) Salad Bar Choice of Milk Condiments	CHRISTMAS DINNER Sliced Ham Mashed Potato & Gravy Frz. Vegetable Medley Fruit Salad Sweet Potato Crunch W.W. Roll Salad Bar Choice of Milk Condiments	Bean Burrito/ Chili/Cheese Corn on Cobb Ranch Style Beans Banana Salad Bar Choice of Milk Condiments	Corndog Bush Baked beans Oven Baked Fries Mixed Fruit Salad Bar Choice of Milk Condiments
18	19	20	21	22
Steak Fingers Mashed Potatoes Gravy Italian Seasoned Green Beans Peaches & Jell O Cup W.W. Roll Salad Bar Choice of Milk Condiments	B.B.Q Ribettes /W.W. Bun Macaroni & Cheese Peas & Carrots Pineapple Chunks Salad Bar Choice of Milk Condiments	Southern Baked BBQ Chicken White Northern Beans Broccoli Rice & Cheese Cantaloupe W.W. Cornbread Salad Bar Choice of Milk Condiments	21 Parent/Teacher Conference (a.m.) & Inservice (p.m.)  Student Holiday	22  Christmas Break No School
25	26	27	28	29
Christmas Break No School 	Christmas Break No School	Christmas Break No School	Christmas Break No School	Christmas Break No School