

Vanguard Tech Center – Cycle Menu



Vanguard-Sentinel
Career and Technology
Centers

MEAL PRICING:	Adults-	\$3.25
Student Lunch		\$2.95
Reduced Lunch		\$0.40
Breakfast		\$1.75
Milk		\$0.50

2017-2018 SCHOOL LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breaded Chicken w/Bun Pickles/lettuce/tomato French Fries Celery Sticks Mandarin Oranges Fresh Fruit Graham Cookie Milk	B.B.Q. Pulled Pork w/g Bun Beans Baked Oven Baked Chips Carrot Sticks Diced Pears Grapes Milk	Turkey & Gravy Over Mashed Potatoes w/roll Steamed Peas Romaine Salad Fresh Fruit Pineapple Milk	Beef & Bean Burrito w/salsa Fiesta Rice & Corn Romaine Salad w/ hard boiled eggs Sliced Peaches Fresh Fruit Milk	Meatball Sub Mozzarella Cheese Steamed Carrots Cucumber Slices Apple Sauce Fresh Fruit Milk
2	Cheeseburger w/Bun French Fries Pickles/lettuce/onions Mandarin Oranges Fresh Fruit Carrot Sticks Cocoa Bar Milk	Walking Taco Refried beans Seasoned Corn Fiesta Brown Rice Bell Peppers Strawberries Fresh Fruit Milk	General Tso Popcorn Chicken Brown Rice Broccoli Fresh Vegetables Pineapple & Apple Fortune Cookie Milk	Spaghetti w/ Meat Sauce Breadstick Green Beans Romaine Salad Sliced Peaches Fresh Fruit Milk	Chicken Buffalo Pizza California Blend Fresh Vegetables Applesauce Orange Yogurt Cup Milk
3	Spicy Chicken w/g Bun Baked Fries Pickles / Lettuce Fresh Vegetables Diced Pears Fresh Fruit Milk	Pepperoni Pizza California Blend Romaine Salad W/ Hard boiled eggs Sliced Peaches Fresh Fruit Milk	Macaroni & Cheese Whole Grain Roll Green Beans Romaine Salad Mandarin Oranges Large Banana w/g Cookie Milk	Beef/Cheese Nacho Refried Beans Lettuce / Salsa Steamed Corn Carrot Sticks Pear Slices Fresh Fruit Soft Pretzel Rod Milk	Shredded Chicken Sandwich Baked Beans Baked Chips Fresh Vegetables Applesauce Fresh Fruit Milk
4	Hamburger w/bun Baked Fries Lettuce/Tomato Pickle Spear Fresh Vegetables Peach Slices Fresh Fruit Milk	Chicken Quesadilla Lettuce / Salsa Steamed Corn Fiesta Brown Rice Carrot Sticks Pear Slices Fresh Fruit Cookie Milk	Mini Corn Dogs Baked Beans Baked Chips Cole Slaw Pineapple Tidbits Fresh Fruit Soft Pretzel Rod Milk	Breaded Chicken Strips w/roll Mashed Potatoes Chicken Gravy Steamed Corn Romaine Salad Mandarin Oranges Fresh Fruit Milk	Bosco Sticks Marinara Sauce California Blend Romaine Salad w/hard boiled eggs Applesauce Fresh Fruit Milk

DAILY SELECTIONS:
ENTREES
Turkey Sub
or
Chef Salad w/ Roll & crackers

*All Entrees Include
2-vegetables
& 2-fruit.
And A Milk*

Cash and Checks can be applied to your lunch account in the Cafeteria OR To Pay with Credit Cards LOG ON To VSCTC-Parent access www.payforit.net (PaySchools) Cafeteria 419 332-2626 EXT 2730

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACON BREAKFAST PIZZA FRESH FRUIT & JUICE CUP STRING CHEESE MILK	SAUSAGE or HAM BREAKFAST BAGEL FRESH FRUIT & JUICE CUP HARD BOILED EGG MILK	FRENCH TOAST STICKS /SYRUP FRESH FRUIT OR JUICE Cup STRING CHEESE MILK	SAUSAGE BREAKFAST BAGEL FRESH FRUIT OR JUICE CUP HARD BOILED EGG MILK	EGG/HAM/CHEESE W/G BAGEL FRESH FRUIT OR JUICE CUP STRING CHEESE MILK

August 2017	September 2017	October 2017	November 2017	December 2017
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Week 1 Meal Plan (Blue) Week 2 Meal Plan (Green) Week 3 Meal Plan (Yellow) Week 4 Meal Plan (Orange)