



# NOVEMBER | 2023



## VESTABURG LUNCH MENU

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>30</b> PULLED PORK ON A BUN<br>OR<br>3 CHEESE CAVATAPPI<br>MAC N' CHEESE<br>CRUNCHY CABBAGE SLAW<br>WHOLE APPLE<br>WHITE MILK<br>CHOCOLATE MILK    | <b>31</b> GARLIC CHEESE<br>FRENCH BREAD PIZZA<br>OR<br>SLOPPY JOE ON A BUN<br>BROCCOLI<br>BANANA<br>WHITE MILK<br>CHOCOLATE MILK   | <b>1</b> SOFT TACOS<br>WITH MEAT & CHEESE<br>REFRIED BEANS<br>OR<br>MINI CORNDOG NUGGETS<br>BAKED BEANS<br>GRAPES<br>WHITE MILK<br>CHOCOLATE MILK      | <b>2</b> CHICKEN TENDERS<br>OR<br>BEEF MEATBALLS<br>GARLIC BREADSTICK<br>MASHED POTATOES<br>MIXED TROPICAL FRUIT<br>WHITE MILK<br>CHOCOLATE MILK             | <b>3</b> HAMBURGER ON A BUN<br>OR<br>BOSCO STICKS<br>MARINARA SAUCE<br>COOKED CARROTS<br>APPLE SLICES<br>WHITE MILK<br>CHOCOLATE MILK                  |
| <b>6</b> TERIYAKI BEEF DIPPERS<br>GARLIC BREADSTICK<br>OR<br>CHICKEN NUGGETS<br>FRIED RICE<br>BROCCOLI<br>WHOLE APPLE<br>WHITE MILK<br>CHOCOLATE MILK | <b>7</b> TACO QUESADILLA<br>REFRIED BEANS<br>OR<br>CHILI & CORNBREAD<br>BAKED BEANS<br>BANANA<br>WHITE MILK<br>CHOCOLATE MILK  | <b>8</b> PANCAKES & SAUSAGE<br>OR<br>HAM & CHEESE SANDWICH<br>ON A CROISSANT<br>WITH GOLDFISH<br>TATER TOTS<br>GRAPES<br>WHITE MILK<br>CHOCOLATE MILK  | <b>9</b> 5 CHEESE<br>LASAGNA ROLL-UP<br>OR<br>EGG & CHEESE OMELET<br>BLUEBERRY MUFFIN<br>GREEN BEANS<br>MIXED TROPICAL FRUIT<br>WHITE MILK<br>CHOCOLATE MILK | <b>10</b> TACO MEAT & CHEESE<br>TOSTITOS CORN CHIPS<br>OR<br>PEPPERONI PIZZA RIPPERS<br>COOKED CARROTS<br>APPLE SLICES<br>WHITE MILK<br>CHOCOLATE MILK |
| <b>13</b> PULLED PORK ON A BUN<br>OR<br>3 CHEESE CAVATAPPI<br>MAC N' CHEESE<br>CRUNCHY CABBAGE SLAW<br>WHOLE APPLE<br>WHITE MILK<br>CHOCOLATE MILK    | <b>14</b> GARLIC CHEESE<br>FRENCH BREAD PIZZA<br>OR<br>SLOPPY JOE ON A BUN<br>BROCCOLI<br>BANANA<br>WHITE MILK<br>CHOCOLATE MILK   | <b>15</b><br><br><b>NO SCHOOL</b>  | <b>16</b> CHICKEN TENDERS<br>OR<br>BEEF MEATBALLS<br>GARLIC BREADSTICK<br>MASHED POTATOES<br>MIXED TROPICAL FRUIT<br>WHITE MILK<br>CHOCOLATE MILK            | <b>17</b> HAMBURGER ON A BUN<br>OR<br>BOSCO STICKS<br>MARINARA SAUCE<br>COOKED CARROTS<br>APPLE SLICES<br>WHITE MILK<br>CHOCOLATE MILK                 |
| <b>20</b> TACO QUESADILLA<br>REFRIED BEANS<br>OR<br>CHILI & CORNBREAD<br>BAKED BEANS<br>BANANA<br>WHITE MILK<br>CHOCOLATE MILK                        | <b>21</b> <u>THANKSGIVING MEAL</u><br><u>ONE CHOICE</u><br>CHICKEN DRUMSTICK<br>DINNER ROLL & STUFFING<br>GRAVY<br>MASHED POTATOES<br>CRANBERRY APPLESAUCE<br>WHITE MILK<br>CHOCOLATE MILK | <b>22</b> TACO MEAT & CHEESE<br>TOSTITOS CORN CHIPS<br>OR<br>PEPPERONI PIZZA RIPPERS<br>COOKED CARROTS<br>APPLE SLICES<br>WHITE MILK<br>CHOCOLATE MILK | <b>23</b> <b>NO SCHOOL</b><br>  | <b>24</b> <b>NO SCHOOL</b><br>                                    |
| <b>27</b> PULLED PORK ON A BUN<br>OR<br>3 CHEESE CAVATAPPI<br>MAC N' CHEESE<br>CRUNCHY CABBAGE SLAW<br>WHOLE APPLE<br>WHITE MILK<br>CHOCOLATE MILK    | <b>28</b> GARLIC CHEESE<br>FRENCH BREAD PIZZA<br>OR<br>SLOPPY JOE ON A BUN<br>BROCCOLI<br>BANANA<br>WHITE MILK<br>CHOCOLATE MILK   | <b>29</b> SOFT TACOS<br>WITH MEAT & CHEESE<br>REFRIED BEANS<br>OR<br>MINI CORNDOG NUGGETS<br>BAKED BEANS<br>GRAPES<br>WHITE MILK<br>CHOCOLATE MILK     | <b>30</b> CHICKEN TENDERS<br>OR<br>BEEF MEATBALLS<br>GARLIC BREADSTICK<br>MASHED POTATOES<br>MIXED TROPICAL FRUIT<br>WHITE MILK<br>CHOCOLATE MILK            | <b>1</b> HAMBURGER ON A BUN<br>OR<br>BOSCO STICKS<br>MARINARA SAUCE<br>COOKED CARROTS<br>APPLE SLICES<br>WHITE MILK<br>CHOCOLATE MILK                  |

### News

BREAKFAST AND LUNCH ARE FREE TO ALL STUDENTS ENROLLED IN VESTABURG COMMUNITY SCHOOLS.

#### **1 O'CLOCK RELEASE DAYS**

**NOVEMBER 22**

**NOVEMBER 29**

ALL MEALS ARE OFFERED WITH OUR FRUIT BAR AND VEGETABLE BAR DAILY.

MILK IS AVAILABLE TO PURCHASE FOR \$0.50 FOR THOSE BRINGING MEALS FROM HOME.

PLEASE BE PATIENT WITH US AS WE ARE STILL EXPERIENCING SOME SUPPLY CHAIN ISSUES AND ARE TRYING OUR HARDEST TO GET THE ITEMS THAT ARE ON THE MENU.

THE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE EMAIL LAURA KIMBELL [LKIMBELL@VCS-K12.NET](mailto:LKIMBELL@VCS-K12.NET) OR CALL (989)268-5353 EXT 2195

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