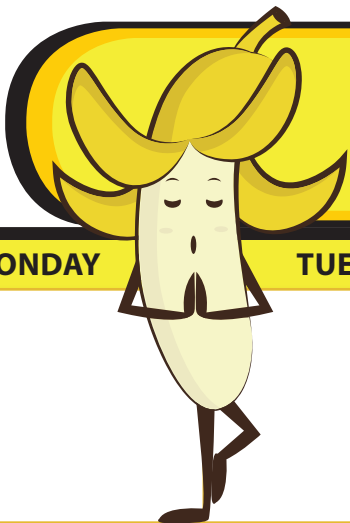


# VIRGINIA BLUE DEVILS Innovative Nutrition Marketplace



**MONDAY**                      **TUESDAY**                      **WEDNESDAY**                      **THURSDAY**                      **FRIDAY**

				School is not in session
School is not in session	<ul style="list-style-type: none"> <li>Hamburger on Whole Wheat Bun</li> <li>Pickle Slices</li> <li>Sweet Potato Confetti Tots</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Super Deli Sub Sandwich* with Garden Fresh Fixings</li> <li>Pickle Spear</li> <li>Crisp Baby Carrots</li> <li>Pineapple Tidbits</li> <li>Lowfat Milk Choices</li> <li>Bug Bite Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Taco w/Fixings</li> <li>Zesty Salsa</li> <li>Refried Beans</li> <li>Whole Kernel corn</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Macaroni &amp; Cheese</li> <li>Steamed Green Beans</li> <li>Crunchy Fresh Vegetables</li> <li>Mixed Fruit Cup</li> <li>Lowfat Milk Choices</li> </ul>
4	5	6	7	8
<ul style="list-style-type: none"> <li>Pepperoni* Pizza</li> <li>Crisp Mixed Greens with Balsamic Vinaigrette</li> <li>Whole Kernel Corn</li> <li>Chilled Peaches</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Sticks</li> <li>Savory Turkey Sausage Patty*</li> <li>Crispy Hashbrown</li> <li>Tangy Chilled Tomato Juice</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Italian Meatball Sub w/Mozzarella Cheese</li> <li>Steamed Green Beans</li> <li>Fresh Cucumber Slices &amp; Baby Carrots</li> <li>Mandarin Oranges</li> <li>Lowfat Milk Choices</li> <li>Mini Rice Krispie Bar</li> </ul>	<ul style="list-style-type: none"> <li>Toasty Grilled Cheese Sandwich</li> <li>Creamy Tomato Soup</li> <li>Crunchy Garden Veggies w/Red Pepper Hummus</li> <li>Farm to School Cantaloupe</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Shrimp Poppers</li> <li>Oven Browned Potatoes</li> <li>Steamed Peas &amp; Carrots</li> <li>Mixed Fruit Cup</li> <li>Lowfat Milk Choices</li> </ul>
11	12	13	14	15
<ul style="list-style-type: none"> <li>Chicken Patty on a Whole Wheat Bun w/ Sriracha Sauce &amp; Shredded Lettuce</li> <li>Au Gratin Potatoes</li> <li>Pineapple Tidbits</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Shaved Deli Turkey Breast on Whole Wheat Bread w/ Shredded Lettuce</li> <li>Pickle Spear</li> <li>Rotini Ranch Salad</li> <li>Tangy Chilled Tomato Juice</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> <li>Baked Chips</li> </ul>	<ul style="list-style-type: none"> <li>Hamburger on Whole Wheat Bun</li> <li>Pickle Slices</li> <li>Baked Beans*</li> <li>Crunchy Celery Sticks</li> <li>Chilled Applesauce</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Italian Whole Wheat Pasta w/ Marinara Sauce</li> <li>Garden Fresh Romaine Salad</li> <li>Crisp Baby Carrots</li> <li>Garlic Bread</li> <li>Farm to School Watermelon</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Rib* on a Whole Wheat Bun</li> <li>Pickle Slices</li> <li>Creamy Potato Salad</li> <li>Fresh Broccoli Bites</li> <li>Mixed Fruit Cup</li> <li>Lowfat Milk Choices</li> <li>Fruit Snack</li> </ul>
18	19	20	21	22
<ul style="list-style-type: none"> <li>Roasted Chicken Fillet on a Whole Wheat Bun w/Shredded Lettuce</li> <li>Sweet Potato Side Dish</li> <li>California Blend Veggies</li> <li>Mandarin Oranges</li> <li>Lowfat Milk Choices</li> <li>Pudding Cup</li> </ul>	<ul style="list-style-type: none"> <li>Nachos w/ Meat &amp; Cheese Sauce</li> <li>Bold Black Bean Salsa</li> <li>Whole Kernel Corn</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Dress Your Dog Day!</li> <li>Hot Dog* on a Whole Wheat Bun</li> <li>Choice of: Chili &amp; Cheese, Sauerkraut &amp; Relish, Peppers &amp; Onions</li> <li>Creamy Potato Salad</li> <li>Calico Baked Beans*</li> <li>Chilled Applesauce</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup</li> <li>Deli Ham* &amp; Cheese Sandwich</li> <li>Fresh Baby Carrots &amp; Farm to School Kohlrabi Sticks</li> <li>Deli Coleslaw</li> <li>Fresh Fruit</li> <li>Lowfat Milk Choices</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Stix</li> <li>Oven Browned Potatoes</li> <li>Strawberry Spinach Salad w/ Poppy Seed Dressing</li> <li>Fresh Broccoli Bites</li> <li>Whole Wheat Bread</li> <li>Diced Pears</li> <li>Lowfat Milk Choices</li> </ul>
25	26	27	28	29

## September 2017 K-12

### Daily Lunch Prices

Elementary..... \$2.50  
 Secondary ..... \$2.60  
 Adult..... \$3.65  
 Reduced Lunch ..... \$0.00  
 Milk ..... \$0.65

411 5th Avenue South  
 Virginia, MN 55792

Make checks payable to ISD #706

Check pre-payment amount, or  
 make an online payment

[www.vmps.org](http://www.vmps.org)

• Click on Parent Portal/Student Portal  
 • Enter Parent User name & Password  
 • Follow the Appropriate Links.

Call 218-742-3660 for  
 employment opportunities  
 with the Food & Nutrition  
 Department. Work school days  
 & have evenings, weekends,  
 holidays & summer off.

This institution is an  
 equal opportunity provider.



\*This item  
 contains pork



Printed by W.A. Fisher Advertising & Printing

Daily Breakfast Prices

Adults.....	\$2.30
Full Paid Secondary .....	\$1.95
Full Paid Elementary.....	\$1.80
Reduced Secondary & Elementary.....	\$0.00
Free Secondary & Elementary.....	\$0.00
Kindergarten Students .....	\$0.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of • Trix Yogurt • Hot Oatmeal • Breakfast Cereal • Assorted Muffins and • Graham Crackers	Choice of • Trix Yogurt • Hot Oatmeal • Breakfast Cereal and • Graham Crackers or • Breakfast Pizza	Choice of • Trix Yogurt • Hot Oatmeal • Breakfast Cereal and • Graham Crackers or • Cinnamon Roll	Choice of • Trix Yogurt • Hot Oatmeal • Breakfast Cereal and • Graham Crackers or • Mini Pancakes	Choice of • Trix Yogurt • Hot Oatmeal • Breakfast Cereal and • Graham Crackers or • Dutch Waffle

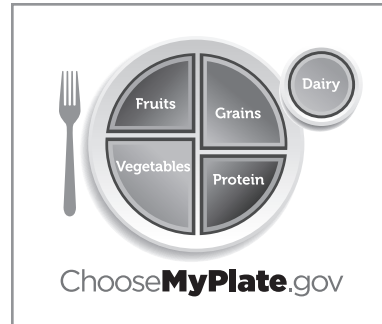
Daily breakfast options include: fruit, juice and low fat milk.

### Please assist

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 16, 2017 to continue receiving benefits.

Virginia Public Schools receive additional educational funds for completed and approved "Application for Educational Benefits" form for free or reduced meals.

A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore it is important that all parents of eligible students fill out and return an "Application for Educational Benefits" form. The forms are sent home at the beginning of the year with students. Copies can also be picked up at the principal's office or food service office.



#### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

#### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

#### Build a Healthy Breakfast

Students must select 1/2 c. fruit or juice and full servings of two other food groups.

A variety of milk available. Lactose reduced milk will be available.



Gluten-controlled lunch & breakfast available.

Additional options are available for secondary students.

The menu contains known allergens including but not limited to: peanuts, tree nuts, soy, seafood, produce, grain and dairy. Please review the menu with allergic family members.

Menu items subject to change without notice.

It is our goal to gently encourage students to select well-balanced meals.

Our best ideas come from you. Email your brilliant idea or important questions to:

Amy Turner  
aturner@vmpps.org

Or call:  
218-742-3660