

May 2023

**The Vanguard School
Secondary
Lunch Menu**

Meal Prices	
Reduced	Free
Full Pay 6-8	\$3.10
Full Pay 9-12	\$3.35
Adult	\$4.30
White Milk	\$.65
Chocolate Milk	\$.75

Fruits, vegetables, milk and water offered daily.

Sub Sandwich Offered Daily



Menu is subject to change with no notice.

- contains pork
V — vegetarian option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *V* Cheese Quesadilla Or Pepperoni Pizza	2 Orange Chicken with Rice Or Plain or Cheesy All Beef Burger	3 *V* Cheese or Pepperoni Pizza	4 Chicken Bites & Goldfish Crackers Or *V* Super Slice Bread & Hard Boiled Egg	5 Fish & Fries Or Firecracker Chicken Sandwich
8 BBQ Pork Sandwich Or Pepperoni Pizza	9 *V* Cheese Nachos Or Plain or Cheesy All Beef Burger	10 *V* Cheese Pizza Pepperoni Pizza	11 Roasted Chicken Drumstick & Roll Or *V* Yogurt, String Cheese & Zee Zee's Bar	12 *V* Bosco Sticks With Pizza Sauce Or *V* Cream Cheese Filled Bagel with Hard-Boiled Egg
15 All Beef Hot Dog Or Pepperoni Pizza	16 Breaded Chicken Sandwich Or Plain or Cheesy All Beef Burger	17 *V* Cheese or Pepperoni Pizza	18 Teriyaki Chicken & Lo Mein Or *V* Bakery Fresh Muffin & Hard-Boiled Egg	19 *V* Chili Fritos with Cheese Or Firecracker Chicken Sandwich
22 Maple Waffles & Lil' Beef Smokies Or Pepperoni Pizza	23 *V* Soft Pretzel with Queso Or Plain or Cheesy All Beef Burger	24 *V* Cheese or Pepperoni Pizza	25 Manager's Choice Or *V* Super Slice Bread, Yogurt and String Cheese	26 Manager's Choice Or *V* Cream Cheese Bagel with Hard-Boiled Egg



This institution is an equal opportunity provider.