

St. Johnsbury Academy Dining Hall Offerings

**FOOD
SERVICE
PROVIDED
BY:**



Meat Protein/ Meat Alternative

Roast Beef
Turkey
Ham
Salami
Egg Salad
Tuna Salad
PB & J
Chicken Salad
Seafood Salad
Cheese Burgers
Chicken Nuggets
Grilled Cheese
Fried Chicken Patty
Hot Dog
Pizza

HOT ENTREES

Poultry
Beef
Seafood
Pork
Tofu
Temphe
Seitan
Cheese

Milk

Chocolate
1% Fat
Yogurts

Grains/ Breads

Sandwich Breads
Pizza
Dinner Rolls
Garlic Bread
Rice
Potatoes
Pasta

Fruits & Vegetables

Tossed Salad
Sandwich Toppings
Vegetable of the Day
Hand Fruit
Fruit Cups

***Extra Charge Items**

Bagels w/ Cream Cheese
Soups
Nacho Chips w/ Cheese Sauce
Assorted Chips
Desserts
Pies
Cakes
Brownies
Cookies
Pudding
Ice Cream

In order to control daily meal cost it is encouraged that the students participate in the Meal Program.
If there is any questions the cashiers would be happy to help explain the situation.
If you want to call my office then dial 748-1041 and ask for Dennis

Complete meals are offered at each food line for \$3.25
In accordance with the Vermont Department of Education:
Child Nutrition Program Requirements

A complete meal consists of a maximum of 5 items and minimum of 3 items from the required list:

One Serving: Meat/ Meat alternative
One Serving: Milk/ Dairy
One Serving: Grains/ Bread
Two Serving: Vegetable/ Fruits

Extra Charge Items like Dessert and Chips are not included in the cost of a complete meal and range in price of \$.75 to \$1.25.

*Free and Reduced student may put extra money on their debit card account to pay for these items

Any Menu Item can be purchased Ala Carte with prices ranging from \$.65 to \$3.00

"This institution is an equal opportunity provider"