

JUNE | 2025

VERTICAL EXTREME LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>2</p> <p>BAKED MACARONI & CHEESE WG CAVATAPPI NOODLES BAKED IN A 3 CHEESE SAUCE GREEN BEANS MIXED FRUIT</p> | <p>3</p> <p>CHEESEBURGER ALL BEEF PATTY ON A WG BUN OVEN BAKED FRENCH FRIES RED DELICIOUS APPLE PRETZEL TWISTS KETCHUP / MUSTARD</p> | <p>4</p> <p>CHICKEN NUGGETS WG BREADED, OVEN BAKED, CHICKEN CHUNKS BAKED CUT UP SWEET POTATOES DICED PEARS / WG ROLL BBQ SAUCE / KETCHUP</p> | <p>5</p> <p>TURKEY ROLL UP SLICED TURKEY BREAST ROLLED UP INSIDE OF A SOFT TORTILLA CARROT STICKS & RANCH DIP BANANA R.F. DORITOS MAYO / MUSTARD</p> | <p>6</p> <p>PIZZA DAY! YOUR CHOICE OF DIFFERET KINDS OF WG PIZZA LETTUCE SALAD WITH L.F. RANCH DRESSING FRESH SEASONAL FRUIT WG TEDDY GRAHAMS</p> |
| <p>9</p> <p>THIS LUNCH IS FOR YOU MRS. ENGLAND! ENJOY THE BACON! WG DUTCH WAFFLE – THIS IS A HEALTHY VERSION OF A FUNNEL CAKE OVEN BAKED TURKEY BACON TATER TOTS SLICED PEACHES</p> | <p>10</p> <p>CHICKEN SANDWICH WG BREADED, OVEN BAKED CHICKEN BREAST ON A WG HONEY WHEAT BUN OVEN BAKED SEASONED CURLY FRIES GOLDEN DELICIOUS APPLE PRETZELS / MAYO / KETCHUP</p> | <p>11</p> <p>BAKED MOSTACCIOLI & MEATBALLS – WG PASTA IN MARINARA SAUCE WITH ALL BEEF MEATBALLS MIXED GREEN LETTUCE SALAD WITH CHOICE OF ITALIAN OR L.F. RANCH DRESSING SLICED PEARS / WG BREADSTICK</p> | <p>12</p> <p>BBQ RIB SANDWICH PORK BBQ RIB ON A WG SUB BUN BAKED BEANS APPLESAUCE CHEESY WG GOLDFISH CRACKERS</p> | <p>13</p> <p>WG CHEESE QUESADILLA CORN MIXED TROPICAL FRUIT WG CORN TORTILLA CHIPS SALSA</p> |
| <p>16</p> <p>TERIYAKI BEEF DIPPERS FLAME BROILED BEEF BITES IN A TERIYAKI SAUCE GREEN BEANS PINEAPPLE TIDBITS STEAMED BROWN RICE</p> | <p>17</p> <p>GRILLED CHEESE SANDWICH SLICED AMERICAN CHEESE ON TOASTED WG BREAD SLICED CARROTS SLICED PEARS PRETZEL STICKS</p> | <p>18</p> <p>PIZZA DAY! YOUR CHOICE OF DIFFERENT KINDS OF WG PIZZA STEAMED BROCCOLI MANDARIN ORANGE SEGMENTS WG CEREAL & SNACK MIX</p> | <p>19</p> <p>HAM & CHEESE SANDWICH SLICED HAM & CHEESE ON A WG BUN MIXED RAW VEGGIES WITH L.F. RANCH DIP BANANA / ANIMAL CRACKERS MAYO / MUSTARD</p> | <p>20</p> <p>POPCORN CHICKEN WG BREADED, OVEN BAKED, CHICKEN PIECES MASHED POTATOES CHICKEN GRAVY DICED PEACHES SOFT BAKED PRETZEL KETCHUP</p> |
| <p>23</p> <p>TACO PORK TACO MEAT INSIDE OF A SOFT SHELL TORTILLA WITH SHRED. CHEDDAR CHEESE CORN PINEAPPLE TIDBITS CORN TORTILLA CHIPS SALSA / L.F. SOUR CREAM</p> | <p>24</p> <p>HOT DOG ALL MEAT HOT DOG IN A WG BUN - KETCHUP / MUSTARD OVEN BAKED SEASONED WAFFLE FRIES MIXED FRUIT CHEEZ-IT CRACKERS</p> | <p>25</p> <p>SUB SANDWICH – TURKEY BOLOGNA, HAM, & SALAMI WITH AMERICAN CHEESE ON A WG SUB BUN BABY CARROTS WITH HUMMUS APPLESAUCE CUP R.F. DORITOS MAYO / MUSTARD</p> | <p>26</p> <p>BAKED RAVIOLI BEEF FILLED RAVIOLI IN MEAT SAUCE MIXED GREEN SALAD WITH CHOICE OF DRESSINGS GRAPES WG GARLIC BREADSTICK</p> | <p>27</p> <p>SMORGASBORD DAY!</p> |
| <p>30</p> <p>BAKED MACARONI & CHEESE WG PASTA BAKED IN A CHEDDAR CHEESE SAUCE SLICED COOKED CARROTS MIXED FRUIT</p> | <p>1</p> | <p>2</p> | <p>3</p> | <p>4</p> |

Welcome to Vertical Extreme!

Milk is served with each
meal & water is available
during lunch.

Whole grain items are
indicated by “WG”.

On the days that we have
an all-day field trip,
everyone will be given a
sack lunch.

Please contact Mrs.
Sudduth at
ksudduth@caspringfield.org
with any questions.

Have a great summer!