

FEBRUARY 2024

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

Breakfast:
\$0.00
Lunch:
\$3.25

MON

TUE

WED

THU

FRI

MEAL PRICES

Student Lunch: \$3.25
Student Breakfast: \$0.00
Adult Lunch: \$5.00
Adult Breakfast: \$3.00

DAILY OPTIONS

Muffin Lunch Box
Chef or Garden Salad
Deli Sandwich
Fruit & Yogurt Parfaits

Each lunch includes
the main entrée, 2
veggies, 1 fruit, and an
ice cold milk!

1. Mozzarella Sticks & Marinara Sauce **1**
2. Crispy Chicken Sandwich
3. Egg & Cheese Sandwich

Black Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Sal's Pizza **2**
2. Crispy Chicken Sandwich
3. Crispy Fish Filet

Diced Carrots
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Popcorn Chicken & Garlic Knot **5**
2. Crispy Chicken Sandwich
3. Grilled Cheese

Cucumber Moons
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Pasta with Meatballs **6**
2. Crispy Chicken Sandwich
3. Egg & Cheese

Steamed Broccoli
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Hot Dog on a Bun **7**
2. Crispy Chicken Sandwich
3. Grilled Cheese

Curley Fries
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Beef & Cheese Nachos with Black Beans & Rice **8**
2. Crispy Chicken Sandwich
3. Egg & Cheese Sandwich

Black Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Sal's Pizza **9**
2. Crispy Chicken Sandwich
3. Crispy Fish Filet

Roasted Root Vegetables
Assorted Fruit & Veggies
1% or Fat Free Milk

1. French Toast Sticks & Turkey Sausage Link **12**
2. Crispy Chicken Sandwich
3. Grilled Cheese

Cucumber Moons
Hash Brown
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Wild Mike's Cheese Bites & Marinara **13**
2. Crispy Chicken Sandwich
3. Egg & Cheese Sandwich

Vegetarian Baked Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Meatball Dippers with Marinara & Garlic Knot **14**
2. Crispy Chicken Sandwich
3. Grilled Cheese

TRY Spinach Pesto Pasta
Steamed Broccoli
1% or Fat Free Milk

1. Bacon Cheeseburger **15**
2. Crispy Chicken Sandwich
3. Egg & Cheese Sandwich

Potato Rounds
Assorted Fruit & Veggies
1% or Fat Free Milk

No School 16

No School 19



No School 20

1. Chicken Tender Basket with Honey Mustard **21**
2. Crispy Chicken Sandwich
3. Grilled Cheese

Curley Fries
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Mozzarella Sticks & Marinara Sauce **22**
2. Crispy Chicken Sandwich
3. Egg & Cheese Sandwich

Black Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Sal's Pizza **23**
2. Crispy Chicken Sandwich
3. Crispy Fish Filet

Diced Carrots
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Popcorn Chicken & Garlic Knot **26**
2. Crispy Chicken Sandwich
3. Grilled Cheese

Cucumber Moons
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Pasta with Meatballs **27**
2. Crispy Chicken Sandwich
3. Egg & Cheese

Steamed Broccoli
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Hot Dog on a Bun **28**
2. Crispy Chicken Sandwich
3. Grilled Cheese

Curley Fries
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Beef & Cheese Nachos with Black Beans & Rice **29**
2. Crispy Chicken Sandwich
3. Egg & Cheese Sandwich

Black Beans
Assorted Fruit & Veggies
1% or Fat Free Milk



CT Grown



Local Food Taste Test

This menu is  **pork free**  **nut free**

Vernon Public Schools Food & Nutrition Services

Elizabeth Fisher, RDN | 860-896-4682 | efisher@vernon-ct.gov

Menu items are subject to change without notice based on availability

This institution is an equal opportunity employer

FEBRUARY 2024

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
Main Entrée (2 Points) Breakfast Bun Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Mini Waffles Bagel & CC Fruit Smoothie	Main Entrée (2 Points) French Toast Sticks Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Mini Cinnis Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Bacon Egg and Cheese Sandwich Bagel & CC Fruit Smoothie
Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk

Students must select 3 or 4 points at breakfast and 1 point must be a fruit.



Student Breakfast: \$0.00
Adult Breakfast: \$3.00

Free & Reduced-Price Meals

Free or reduced-price meals are available through SNAP benefits, HUSKY insurance, or income-based applications.

Meal applications are now available online! Please scan the QR code to fill out a meal application or visit the link below for more information.



www.vernonpublicschools.org/free-and-reduced-meals

If you receive SNAP benefits or HUSKY insurance and you have not received a letter from Vernon Public Schools qualifying you for free or reduced-priced meals, please contact the Food & Nutrition Services Department at 860-896-4682.



Spinach Pesto (nut-free)

This easy, nut-free spinach pesto uses straightforward ingredients and packs a serious punch of vitamins and iron from the spinach.

Students will be able to try this on Feb 14 at school made with spinach grown in CT!



Looking for a quick and easy recipe at home packed with nutrients? This is it! Using a blender, simply add all ingredients and blend until smooth. Serve mixed into a pound of pasta or add to soup!

Visit our website to get the recipe:

<https://www.vernonpublicschools.org/departments/food-services-menus/recipes>

Thank you to our farm partners

that supply Vernon schools with fresh CT grown products each month!

Cloverleigh
Farm

Horse
Listeners
Orchard

Hastings
Farm