

April 2019

Vernon Public Schools Lunch Menu - Pre-K

happiness  guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>1. Chick &amp; Cheese Quesadilla w Salsa 2. Egg &amp; Cheese Sandwich <b>Potato Wedges</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b></p>	<p><b>2</b></p> <p>1. Chicken Nuggets &amp; Dinner Roll 2. WOWbutter &amp; Jelly Sandwich <b>Black Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Giant Goldfish Grahams, 4oz 1% milk</b></p>	<p><b>3</b></p> <p>1. Macaroni &amp; Cheese 2. Grilled Cheese Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Fresh Orange, 4 oz. 1% milk</b></p>	<p><b>4</b></p> <p>1. Hamburger on Whole Grain Bun 2. Tuna Salad Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Cheez-Its, 4 oz. 1% milk</b></p>	<p><b>5</b></p> <p>1. Cheese Pizza 2. WOWbutter &amp; Jelly Sandwich <b>Romaine Side Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Apple, 4 oz. 1% milk</b></p>
<p><b>8</b></p> <p>1. Crispy Chicken Sandwich 2. Egg &amp; Cheese Sandwich <b>Potato Wedges</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b></p>	<p><b>9</b></p> <p>1. Pasta with Meat Sauce 2. WOWbutter &amp; Jelly Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Giant Goldfish Grahams, 4oz 1% milk</b></p>	<p><b>10</b></p> <p>1. Chicken Nuggets &amp; Dinner Roll 2. Grilled Cheese Sandwich <b>Crinkle Cut Sweet Potato Fries</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Fresh Orange, 4 oz. 1% milk</b></p>	<p><b>11</b></p> <p>1. Turkey Dinner with Garlic Bread 2. Tuna Salad Sandwich <b>Mashed Potatoes &amp; Gravy</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Cheez-Its, 4 oz. 1% milk</b></p>	<p><b>12</b></p> <p>1. Cheese Pizza 2. WOWbutter &amp; Jelly Sandwich <b>Steamed Broccoli Florets</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Apple, 4 oz. 1% milk</b></p>
<p><b>15</b></p> <p>No School</p>	<p><b>16</b></p> <p>No School</p>	<p><b>17</b></p> <p>No School</p>	<p><b>18</b></p> <p>No School</p>	<p><b>19</b></p> <p>No School</p>
				
<p><b>22</b></p> <p>1. Cheeseburger on Whole Grain Bun 2. Egg &amp; Cheese Sandwich <b>Crinkle Cut Sweet Potato Fries</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b></p>	<p><b>23</b></p> <p>1. Chicken Nuggets &amp; Dinner Roll 2. WOWbutter &amp; Jelly Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Giant Goldfish Grahams, 4oz 1% milk</b></p>	<p><b>24</b></p> <p>1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich <b>Southwest Chickpea Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Fresh Orange, 4 oz. 1% milk</b></p>	<p><b>25</b></p> <p>1. Beef Sloppy Joe 2. Turkey Ham &amp; Cheese Sandwich <b>French Fries</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Cheez-Its, 4 oz. 1% milk</b></p>	<p><b>26</b></p> <p>1. Cheese Pizza 2. WOWbutter &amp; Jelly Sandwich <b>Romaine Side Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Apple, 4 oz. 1% milk</b></p>
<p><b>29</b></p> <p>1. Chick &amp; Cheese Quesadilla w Salsa 2. Egg &amp; Cheese Sandwich <b>Potato Wedges</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b></p>	<p><b>30</b></p> <p>1. Chicken Nuggets &amp; Dinner Roll 2. WOWbutter &amp; Jelly Sandwich <b>Black Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Giant Goldfish Grahams, 4oz 1% milk</b></p>	<p><b>1</b></p> <p>1. French Toast Sticks &amp; Turk Sausage 2. Grilled Cheese Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Fresh Orange, 4 oz. 1% milk</b></p>	<p><b>2</b></p> <p>1. Hamburger on Whole Grain Bun 2. Tuna Salad Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Cheez-Its, 4 oz. 1% milk</b></p>	<p><b>3</b></p> <p>1. Cheese Pizza 2. WOWbutter &amp; Jelly Sandwich <b>Romaine Side Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p><b>S: Apple, 4 oz. 1% milk</b></p>

\*Menu subject to change without notice\*

This institution is an equal opportunity provider.



get out and play !! 



Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily

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Food & Nutrition  
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