

April 2019

\$3.15 per day

happiness 😊 guaranteed

Vernon Public Schools Lunch Menu - Rockville High School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>2</p> <p>Mac & Cheese w Garlic Bread & Spicy Chick Chicken Tender Wrap Grilled Cheese Sandwich Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>3</p> <p>Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Egg & Cheese Sandwich French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>4</p> <p>Cheesy Chicken Fajita Wrap Breaded Fish Filet Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>5</p> <p>Pizza Day! Fyunun® Sloppy Joe Egg & Cheese Sandwich Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>8</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>9</p> <p>Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>10</p> <p>Sweet & Sour Popcorn Chicken with Rice Turkey & Cheese Wrap Egg & Cheese Sandwich Mixed Vegetables Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>11</p> <p>Nacho Bar Mozzarella Sticks & Dinner Roll Grilled Cheese Sandwich Refried Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>12</p> <p>Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>15</p> <p>No School</p>	<p>16</p> <p>No School</p>	<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>No School</p>
<p>22</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>23</p> <p>Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Grilled Cheese Sandwich French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>24</p> <p>Mozzarella Sticks & Whole Grain Pasta Turkey & Cheese Wrap Egg & Cheese Sandwich Fresh Baby Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>25</p> <p>General Tso's Chicken & Veggie Fried Rice Breaded Fish Filet Grilled Cheese Sandwich Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>26</p> <p>Sal's Pizza! Fyunun® Sloppy Joe Egg & Cheese Sandwich Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>29</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>30</p> <p>Mac & Cheese w Garlic Bread & Spicy Chick Chicken Tender Wrap Grilled Cheese Sandwich Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>1</p> <p>Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Egg & Cheese Sandwich French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>2</p> <p>Cheesy Chicken Fajita Wrap Breaded Fish Filet Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>3</p> <p>Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>



Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily

Vernon Public Schools
Food & Nutrition Services
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