

\$2.65 per day

December 2018

Vernon Public Schools Lunch Menu - Elementary School

happiness 😊 guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
3 1. Grilled Chicken Sandwich on WG Bun 2. Egg & Cheese Sandwich 3. Yogurt Muffin Meal Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	4 1. Hot Dog on Whole Grain Bun 2. WOWbutter & Jelly with String Cheese 3. Yogurt Muffin Meal Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	5 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich 3. Yogurt Muffin Meal Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	6 <i>Early Dismissal</i> 1. Potato Crunch Fish Filet with Dinner Roll 2. Turkey & Cheese Sandwich 3. Yogurt Muffin Meal Veggie Sticks & Hummus Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 <i>Early Dismissal</i> 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Muffin Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
10 1. Crispy Chicken Sandwich on WG Bun 2. Egg & Cheese Sandwich 3. Yogurt Muffin Meal Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	11 1. Turkey Dinner! Mashed Potatoes & Gravy with Dinner Roll 2. WOWbutter & Jelly with String Cheese 3. Yogurt Muffin Meal Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	12 1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich 3. Yogurt Muffin Meal Roasted Butternut Squash Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	13 1. Pasta with Meat Sauce Turkey Ham & Cheese Sandwich 3. Yogurt Muffin Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Muffin Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
17 1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich 3. Yogurt Muffin Meal Potato Rounds Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	18 1. Build-Your-Own Nacho/Taco Tuesday! 2. WOWbutter & Jelly with String Cheese 3. Yogurt Muffin Meal Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	19 1. Chicken and Cheese Quesadilla 2. Grilled Cheese Sandwich 3. Yogurt Muffin Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	20 1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich 3. Yogurt Muffin Meal Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Muffin Meal Manager's Choice Veggie Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
24 Happy Holidays!	25 No school Winter Break	26 No school Winter Break	27 No school Winter Break	28

Winter Special!

Try me! Limited time only

Look! I'm new!

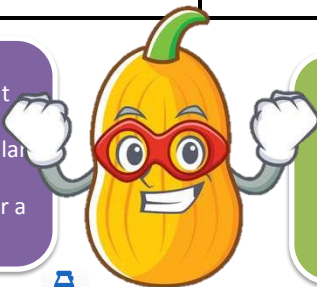
Taco Tuesday!

This institution is an equal opportunity provider.
 Menu subject to change without notice



mySchoolbucks is now available for online payments for your students lunch account. Log onto <https://www.myschoolbucks.com> to set up an account today!

Meet Super Hero Butternut!
 Butternut squash is a winter squash that grows on a vine and is common in New England. It has a sweet, nutty taste similar to that of a pumpkin. Try this delicious squash in cafeterias on December 12 for a boost of vitamins and fiber!



Did you know?
 Fresh fruits and vegetables are available in the school cafeteria each day. The rainbow veggie tray consists of a variety of fresh vegetables like celery, peppers, broccoli, grape tomatoes, and more! Fat-free ranch dip is available for veggies.

Lunch Price \$2.65 per day
 Bring your own lunch and milk just 45 cents!

Vernon Public Schools Food & Nutrition Services
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- Menu is Pork & Peanut Free
- Meatless Options Available Daily
- Skim & 1% Milk Available Daily
- Fresh Fruit & Veggies Daily