
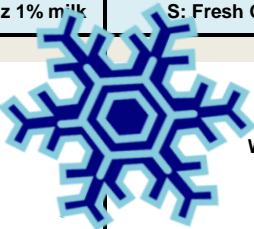



# December 2018

## Vernon Public Schools Lunch Menu - Pre-K

**happiness**  **guaranteed**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 1. Grilled Chicken Sandwich on WG Bun 2. Egg & Cheese Sandwich <b>Steamed Broccoli</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b>	<b>4</b> 1. Hamburger on Whole Grain Bun 2. WOWbutter & Jelly Sandwich <b>Potato Wedges</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>5</b> 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>6</b> 1. Potato Crunch Fish Filet with Dinner Roll 2. Turkey & Cheese Sandwich <b>Baked Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>7</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>
<b>10</b> 1. Crispy Chicken Sandwich on WG Bun 2. Egg & Cheese Sandwich <b>Baked Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b>	<b>11</b> 1. Turkey, Mashed Potatoes, Gravy & Roll 2. WOWbutter & Jelly Sandwich <b>Sweet Yellow Corn</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>12</b> 1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich <b>Roasted Butternut Squash</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>13</b> 1. Pasta with Meat Sauce 2. Turkey Ham & Cheese Sandwich <b>Cucumber Moons</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>14</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Romaine Side Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>
<b>17</b> 1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich <b>Potato Rounds</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b>	<b>18</b> 1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich <b>Black Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>19</b> 1. Chicken and Cheese Quesadilla 2. Grilled Cheese Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>20</b> 1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>21</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Manager's Choice Veggie</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>
<b>24</b> 	<b>25</b> No school Winter Break 	<b>26</b> No school Winter Break	<b>27</b> No school Winter Break	<b>28</b> 

\*Menu subject to change without notice\*

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### Meet Mary Dairy!

Mary builds strong bones and muscles by drinking low-fat milk and eating low-fat dairy products like cheese and yogurt. Your cafeteria offers at least three servings of low-fat dairy each day!



### Did you know?

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built. Eating school meals is a great way to get nutrient-rich dairy products for strong and healthy students.

**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