


# December 2018

## Vernon Public Schools Lunch Menu - Rockville High School

**\$3.15 per day**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Sandwich on Whole Grain Bun Sunbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Steamed Broccoli & Cheese Sauce Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>4</b> Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Grilled Cheese Sandwich Spiral Cut French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>5</b> 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	<b>6</b> Sweet & Sour Popcorn Chicken with Rice Breaded Fish Filet Grilled Cheese Sandwich Celery & Hummus Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>7</b> Pizza Day! Funyun® Sloppy Joe Egg & Cheese Sandwich Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>10</b> Chicken Sandwich on Whole Grain Bun Sunbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Green Beans & Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>11</b> Spicy Chick Mac & Cheese w Garlic Bread Chicken Tender Wrap Grilled Cheese Sandwich Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>12</b> Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Egg & Cheese Sandwich Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>13</b> Popcorn Chicken Mashed Potato Bowl Turkey & Cheese Wrap Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>14</b> Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Fresh Baby Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>17</b> Turkey Dinner! Mashed Potatoes & Gravy with Dinner Roll Sunbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Roasted Butternut Squash Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>18</b> Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>19</b> Sweet & Sour Popcorn Chicken w Rice BBQ Beef & Cheddar Sandwich Egg & Cheese Sandwich Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>20</b> 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	<b>21</b> Pizza Day! Manager's Choice Manager's Choice Veggie Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>24</b> Happy Holidays!	<b>25</b> No school Winter Break	<b>26</b> No school Winter Break	<b>27</b> No school Winter Break	<b>28</b> 

Fun!  
I'm new!



Look!  
I'm new!

Winter  
Special!

\*Menu subject to change without notice\*



**Cindy's Soups \$1.60**  
 Stay warm and happy this winter with homemade soup! All soups are low sodium and full of lean protein and veggies. Soups vary daily. A la carte only.

**Fresh Salads Available Daily**  
**Monday:** Tex Mex Salad  
**Tuesday:** Chicken Tender Salad  
**Wednesday:** Chicken Caesar Salad  
**Thursday:** Mandarin Chicken Salad  
**Friday:** Manager's Choice Salad

Fresh deli bar available daily!

**Featured Salad of the Month**  
 This month we will be serving a Mandarin Chicken Salad every Thursday featuring a homemade pineapple vinaigrette!



**Vernon Public Schools Food & Nutrition Services**  
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This institution is an equal opportunity provider. Menu is Pork & Peanut Free Meatless Options Available Daily Skim & 1% Milk Available Daily Fresh Fruit & Veggies Daily