

\$2.90 per day

December 2018 VCMS

Vernon Public Schools Lunch Menu - Vernon Center Middle School

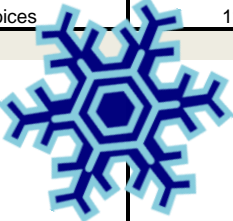
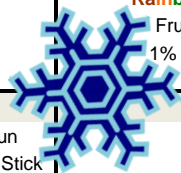
Monday	Tuesday	Wednesday	Thursday	Friday
3 Breaded Chicken Sandwich Egg & Cheese Sandwich Chef Salad Potato Rounds Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	4 Chicken Alfredo Pasta Sunbutter & Jelly Sandwich w Cheese Stick Popcorn Chicken Salad Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	5 Mozzarella Sticks & Whole Grain Pasta Grilled Cheese Sandwich Chicken Caesar Salad Fresh Baby Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	6 <i>Early Dismissal</i> Sweet & Sour Popcorn Chicken with Rice Sunbutter & Jelly Sandwich w Cheese Stick Fresh Garden Salad Celery & Hummus Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 <i>Early Dismissal</i> Cheese Pizza Pepperoni Pizza Quesadilla Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
10 Beef Hot Dog on Whole Grain Bun Egg & Cheese Sandwich Chef Salad Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	11 Turkey Dinner! Mashed Potatoes & Gravy with Dinner Roll Sunbutter & Jelly Sandwich w Cheese Stick Popcorn Chicken Salad Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	12 Spicy Chicken Wrap Grilled Cheese Sandwich Chicken Caesar Salad Roasted Butternut Squash Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	13 Cheeseburger on Whole Grain Bun Sunbutter & Jelly Sandwich w Cheese Stick Fresh Garden Salad Celery & Hummus Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 Cheese Pizza BBQ Chicken Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
17 Chicken Nuggets & Dinner Roll Egg & Cheese Sandwich Chef Salad Spiral Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	18 Chicken & Cheese Quesadilla Sunbutter & Jelly Sandwich w Cheese Stick Popcorn Chicken Salad Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	19 Nacho Bar Grilled Cheese Sandwich Chicken Caesar Salad Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	20 Meatball Grinder on Whole Grain Bun Sunbutter & Jelly Sandwich w Cheese Stick Fresh Garden Salad Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 Cheese Pizza Pepperoni Pizza Quesadilla Romaine Salad 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 Fresh deli bar available daily!	28

Winter Special!

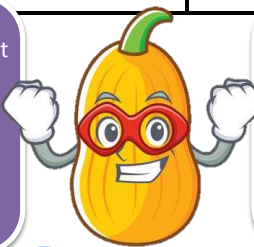
Winter Special!

Try me! Limited time only

Look! I'm new!



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



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.

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



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

Vernon Public Schools Food & Nutrition Services
 Elizabeth Fisher, MS, RD
 efisher@vernon-ct.gov
 860-896-4682

Menu is Pork & Peanut Free
 Meatless Options Available Daily
 Skim & 1% Milk Available Daily
 Fresh Fruit & Veggies Daily