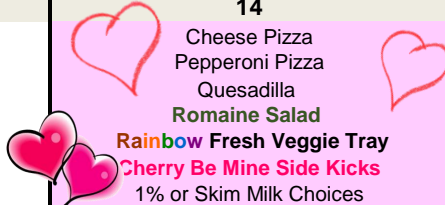


\$2.90 per day

February 2019

Vernon Public Schools Lunch Menu - Vernon Center Middle School

happiness  guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Grilled Chicken & Cheese Sandwich Egg & Cheese Sandwich Chef Salad Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>5</p> <p>Pasta with Meat Sauce & Garlic Bread Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>6</p> <p>Sweet & Sour Chicken with Rice Grilled Cheese Sandwich Chicken Caesar Salad Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>7</p> <p>Nacho Bar Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>8</p> <p>Cheese Pizza Pepperoni Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>11</p> <p>Hot Dog on Whole Grain Bun Egg & Cheese Sandwich Chef Salad Green Beans & Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>12</p> <p>Cheeseburger on Whole Grain Bun Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>13</p> <p>Turkey Dinner with Dinner Roll Grilled Cheese Sandwich Chicken Caesar Salad Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>14</p> <p> Cheese Pizza Pepperoni Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Cherry Be Mine Side Kicks 1% or Skim Milk Choices</p>	<p>15</p> <p>No School</p>
<p>18</p> <p>No School</p>	<p>19</p> <p>Chicken & Cheese Quesadilla with Salsa Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>20</p> <p>Cheeseburger on Whole Grain Bun Grilled Cheese Sandwich Chicken Caesar Salad Garbanzo Crunchies & Potato Rounds Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>21</p> <p>Mozzarella Sticks & Marinara Sauce Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>22</p> <p>Cheese Pizza Pepperoni Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>25</p> <p>Grilled Chicken & Cheese Sandwich Egg & Cheese Sandwich Chef Salad Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>26</p> <p>Pasta with Meat Sauce & Garlic Bread Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>27</p> <p>Sweet & Sour Chicken with Rice Grilled Cheese Sandwich Chicken Caesar Salad Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>28</p> <p>Nacho Bar Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>1</p> <p>Cheese Pizza Pepperoni Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>

Fresh deli sandwiches available daily!



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Did you know?

February is **National Heart Month!** Take care of your heart by eating less saturated fat and sodium and more fresh fruits and veggies. Staying active is important, too! The school cafeteria provides fresh fruits and veggies every day, and the sodium and saturated fat of the meals are assessed and monitored by a Registered Dietitian.

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