


\$2.65 per day

February 2019

Vernon Public Schools Lunch Menu - Elementary School

happiness  guaranteed

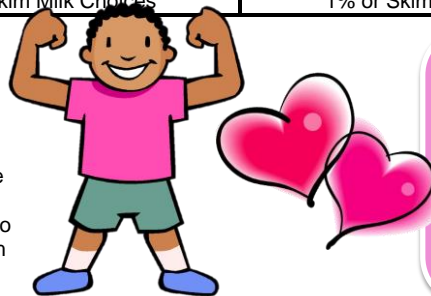
Monday	Tuesday	Wednesday	Thursday	Friday
4 1. BBQ Grilled Chicken Sandwich 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	5 1. Build-Your-Own Nacho Taco Tuesday! 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	6 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 1. Hot Dog on Whole Grain Bun 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Potato Rounds Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 NEW! Macaroni & Cheese with Garlic Bread 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
11 1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	12 1. Popcorn Chick w/ BBQ Dipper & Roll 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	13 1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Garbanzo Crunchies Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich 3. Yogurt Pretzel Meal Fresh Carrot Sticks & Ranch Rainbow Fresh Veggie Tray Cherry Be Mine Side Kicks 1% or Skim Milk Choices	15 No School
18 No School 	19 1. Chick & Cheese Quesadilla with Salsa 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	20 1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 NEW! Mini Ravioli with Meat Sauce & Roll 2. Turkey Ham & Cheese Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
25 1. BBQ Grilled Chicken Sandwich 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	26 1. Build-Your-Own Nacho Taco Tuesday! 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	27 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	28 1. Turkey Dinner with Roll 2. Turkey Ham & Cheese Sandwich 3. Yogurt Pretzel Meal Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

Menu subject to change without notice

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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 content of the meals are assessed and monitored by a Registered Dietitian.

Vernon Public Schools Food & Nutrition Services
 Elizabeth Fisher, MS, RD
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 860-896-4682



Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily