

February 2019

Vernon Public Schools Lunch Menu - Pre-K

happiness  **guaranteed**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 1. BBQ Grilled Chicken Sandwich 2. Egg & Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice | 5 1. Hamburger on Whole Grain Bun 2. WOWbutter & Jelly Sandwich Black Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk | 6 1. French Toast & Turkey Sausage 2. Grilled Cheese Sandwich Steamed Carrot Coins Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Fresh Orange, 4 oz. 1% milk | 7 1. Crispy Chicken Sandwich 2. Turkey & Cheese Sandwich Potato Rounds Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheez-Its, 4 oz. 1% milk | 8 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 4 oz. 1% milk |
| 11 1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich French Fries Fruit Cup or Fresh Fruit 1% or Skim Milk Choices SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice | 12 1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk | 13 1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich Baked Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Fresh Orange, 4 oz. 1% milk | 14 1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich Steamed Carrot Coins Cherry Be Mine Side Kicks 1% or Skim Milk Choices S: Cheez-Its, 4 oz. 1% milk | 15 No School |
| 18 No School | 19 1. Chick & Cheese Quesadilla w Salsa 2. WOWbutter & Jelly Sandwich Sweet Yellow Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk | 20 1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich Crinkle Cut Sweet Potato Fries Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Fresh Orange, 4 oz. 1% milk | 21 1. NEW! Mini Ravioli with Meat Sauce & Roll 2. Turkey & Cheese Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheez-Its, 4 oz. 1% milk | 22 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Romaine Side Salad Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 4 oz. 1% milk |
| 25 1. BBQ Grilled Chicken Sandwich 2. Egg & Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice | 26 1. Hamburger on Whole Grain Bun 2. WOWbutter & Jelly Sandwich Black Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk | 27 1. French Toast & Turkey Sausage 2. Grilled Cheese Sandwich Steamed Carrot Coins Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Fresh Orange, 4 oz. 1% milk | 28 1. Turkey Dinner with Roll 2. Turkey & Cheese Sandwich Mashed Potatoes & Gravy Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheez-Its, 4 oz. 1% milk | 1 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 4 oz. 1% milk |

Menu subject to change without notice

This institution is an equal opportunity provider.



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 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
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Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily