


# February 2019

**happiness** 😊 **guaranteed**

**Vernon Public Schools Lunch Menu - Rockville High School**

**\$3.15 per day**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> BBQ Grilled Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich <b>Crinkle Cut Sweet Potato Fries</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>5</b> Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich <b>Sweet Yellow Corn</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>6</b> Sweet & Sour Popcorn Chicken w Rice BBQ Beef & Cheddar Sandwich Egg & Cheese Sandwich <b>Green Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>7</b> Nacho Bar Mozzarella Sticks & Dinner Roll Grilled Cheese Sandwich <b>Refried Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>8</b> Pizza Day! Funyun® Sloppy Joe Egg & Cheese Sandwich <b>Romaine Side Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>11</b> Spicy, Reg. or Grilled Chicken Sand WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich <b>Steamed Broccoli</b> & Cheese Sauce <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>12</b> Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Grilled Cheese Sandwich <b>Spiral French Fries</b> & Baked Beans <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>13</b> Mozzarella Sticks & Whole Grain Pasta Turkey & Cheese Wrap Egg & Cheese Sandwich <b>Fresh Baby Carrots</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>New!</b> <b>Sal's Pizza</b> Breaded Fish Filet Grilled Cheese Sandwich Celery & Hummus <b>Rainbow Fresh Veggie Tray</b> <b>Cherry Be Mine Side Kicks</b> 1% or Skim Milk Choices	<b>15</b> No School  <b>STRAIGHT A SLICE</b> Handmade in Salem, NH! Delivered Fresh, Never Frozen
<b>18</b> No School	<b>19</b> Spicy Chick Mac&Cheese Garlic Bread Chicken Tender Wrap Grilled Cheese Sandwich <b>Steamed Broccoli</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>20</b> Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Egg & Cheese Sandwich French Fries & <b>Baked Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>21</b> <b>Grilled Chicken Club with Bacon</b> Turkey & Cheese Wrap Grilled Cheese Sandwich <b>Sweet Yellow Corn</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>22</b> Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich <b>Cucumber Moons</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>25</b> BBQ Grilled Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich <b>Crinkle Cut Sweet Potato Fries</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>26</b> Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich <b>Sweet Yellow Corn</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>27</b> Sweet & Sour Popcorn Chicken w Rice BBQ Beef & Cheddar Sandwich Egg & Cheese Sandwich <b>Green Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>28</b> Nacho Bar Mozzarella Sticks & Dinner Roll Grilled Cheese Sandwich <b>Refried Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>1</b> Pizza Day! Funyun® Sloppy Joe Egg & Cheese Sandwich <b>Romaine Side Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

This institution is an equal opportunity provider.

**\*Menu subject to change without notice\***

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



**Taste Test New Pizza in Your Cafe!**

The students spoke and we listened! Taste test Sal's Pizza on Thursday Feb 14th and don't forget to vote during your lunch period! Sal's Pizza is handmade in Salem, NH and delivered to Vernon fresh, never frozen. With no preservatives or artificial flavors, be sure to fall in love with this new pizza on Valentine's Day!



**Fresh deli bar available daily!**

Starkist® tuna is a great source of lean protein and healthy fats to keep your heart healthy! Try some on the deli bar today!



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



Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily