

FEBRUARY 2024

Breakfast: \$0.00
Lunch: \$3.00

VERNON PUBLIC SCHOOLS ELEMENTARY LUNCH MENU

| MON | TUE | WED | THU | FRI |
|--|---|--|---|---|
| MEAL PRICES Student Lunch: \$3.00 Student Breakfast: \$0.00 Adult Lunch: \$5.00 Adult Breakfast: \$3.00 | | | 1 1. Mash Up Bowl (Potatoes, Popcorn Chicken, Cheese) 2. Egg & Cheese 3. Muffin Lunch Box 4. Garden Black Bean Burger Mashed Potatoes Assorted Fruit & Veggies 1% or Fat Free Milk | 2 1. Cheese Pizza 2. Turkey & Cheese Croissant 3. Muffin Lunch Box 4. Tuna Sandwich Diced Carrots Assorted Fruit & Veggies 1% or Fat Free Milk |
| 5 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk | 6 1. Pasta with Meat Sauce & Garlic Knot 2. Kids Chef Salad 3. Muffin Lunch Box 4. Kids Vegetarian Garden Salad Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk | 7 1. Crispy Chicken Sandwich 2. Turkey Pepperoni & Cheese Grinder 3. Muffin Lunch Box 4. Tuna Sandwich French Fries Assorted Fruit & Veggies 1% or Fat Free Milk | 8 1. Mozzarella Sticks with Marinara Sauce 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Garden Black Bean Burger Roasted Root Veggies Assorted Fruit & Veggies 1% or Fat Free Milk | 9 1. Manager's Choice 2. Turkey & Cheese Croissant 3. Muffin Lunch Box 4. Tuna Sandwich Manager's Choice Assorted Fruit & Veggies 1% or Fat Free Milk |
| 12 1. Chicken Tenders with Waffles & Syrup 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk | 13 1. Beef & Cheese Nachos 2. Kids Chef Salad 3. Muffin Lunch Box 4. Kids Vegetarian Garden Salad Black Beans Assorted Fruit & Veggies 1% or Fat Free Milk | 14 1. Popcorn Chicken & Garlic Knot 2. Turkey Pepperoni & Cheese Grinder 3. Muffin Lunch Box 4. Tuna Sandwich Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk | 15 1. Hot Dog on Bun 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Garden Black Bean Burger Sweet Corn Assorted Fruit & Veggies 1% or Fat Free Milk | 16 No School |
| No School 19  | 20 No School | 21 1. Wild Mike's Cheese Bites & Marinara Sauce 2. Turkey Pepperoni & Cheese Grinder 3. Muffin Lunch Box 4. Tuna Sandwich Green Beans Assorted Fruit & Veggies 1% or Fat Free Milk | 22 1. Mash Up Bowl (Potatoes, Popcorn Chicken, Cheese) 2. Egg & Cheese 3. Muffin Lunch Box 4. Garden Black Bean Burger Mashed Potatoes Assorted Fruit & Veggies 1% or Fat Free Milk | 23 1. Cheese Pizza 2. Turkey & Cheese Croissant 3. Muffin Lunch Box 4. Tuna Sandwich Diced Carrots Assorted Fruit & Veggies 1% or Fat Free Milk |
| 26 1. French Toast Stick & Turkey Sausage 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk | 27 1. Pasta with Meat Sauce & Garlic Knot 2. Kids Chef Salad 3. Muffin Lunch Box 4. Kids Vegetarian Garden Salad Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk | 28 1. Crispy Chicken Sandwich 2. Turkey Pepperoni & Cheese Grinder 3. Muffin Lunch Box 4. Tuna Sandwich  Spinach Pesto Pasta French Fries Assorted Fruit & Veggies 1% or Fat Free Milk | 29 1. Mozzarella Sticks with Marinara Sauce 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Garden Black Bean Burger Vegetarian Baked Beans Assorted Fruit & Veggies 1% or Fat Free Milk | |



CT Grown



Local Food Taste Test

This menu is



pork free



nut free

Vernon Public Schools Food & Nutrition Services

Elizabeth Fisher, RDN | 860-896-4682 | efisher@vernon-ct.gov

Menu items are subject to change without notice based on availability

This institution is an equal opportunity employer

FEBRUARY 2024

VERNON PUBLIC SCHOOLS ELEMENTARY BREAKFAST MENU

| MON | TUE | WED | THU | FRI |
|--|---|--|---|--|
| Main Combo: Breakfast Bun Fresh Fruit 1% or Fat Free Milk | Main Combo: Mini Waffles 100% Fruit Juice 1% or Fat Free Milk | Main Combo: French Toast Sticks Fresh Fruit 1% or Fat Free Milk | Main Combo: Mini Cinnis 100% Fruit Juice 1% or Fat Free Milk | Main Combo: Fruit Smoothie Fresh Fruit 1% or Fat Free Milk |
| Cereal Combo: Red. Sugar Cereal Graham Crackers Fresh Fruit Fat free or 1% Milk | Cereal Combo: Red. Sugar Cereal Graham Crackers 100% Juice Fat free or 1% Milk | Cereal Combo: Red. Sugar Cereal Graham Crackers Fresh Fruit Fat free or 1% Milk | Cereal Combo: Red. Sugar Cereal Graham Crackers 100% Juice Fat free or 1% Milk | Cereal Combo: Red. Sugar Cereal Graham Crackers Fresh Fruit Fat free or 1% Milk |
| Bagel Combo: Bagel & Cream Cheese Fresh Fruit Fat free or 1% Milk | Bagel Combo: Bagel & Cream Cheese 100% Fruit Juice Fat free or 1% Milk | Bagel Combo: Bagel & Cream Cheese Fresh Fruit Fat free or 1% Milk | Bagel Combo: Bagel & Cream Cheese 100% Fruit Juice Fat free or 1% Milk | Bagel Combo: Bagel & Cream Cheese Fresh Fruit Fat free or 1% Milk |

Grab and Go Breakfast

Mornings are hectic. Let us take breakfast off your plate! Students can enjoy breakfast in the classroom with their friends every day at school **at no charge**.

Student Breakfast: \$0.00
Adult Breakfast: \$3.00

Free & Reduced-Price Meals

Free or reduced-price meals are available through SNAP benefits, HUSKY insurance, or income-based applications.

Meal applications are now available online! Please scan the QR code to fill out a meal application or visit the link below for more information.



www.vernonpublicschools.org/free-and-reduced-meals

*Federal funding and participation in the Community Eligibility Provision allows all students at **Maple Street School, Northeast School, and Skinner Road School** to receive breakfast and lunch at no charge through June 30, 2024. **No paperwork or registration required.***



Spinach Pesto (nut-free)

This easy, nut-free spinach pesto uses straightforward ingredients and packs a serious punch of vitamins and iron from the spinach. **Students will be able to try this on Feb 28 at school using spinach grown in CT!**



Looking for a quick and easy recipe at home packed with nutrients? This is it! Using a blender, simply add all ingredients and blend until smooth. Serve mixed into a pound of pasta or add to soup!

Visit our website to get the recipe:

<https://www.vernonpublicschools.org/departments/food-services-menus/recipes>

Thank you to our farm partners

that supply Vernon schools with fresh CT grown products each month!

Cloverleigh
Farm

Horse
Listeners
Orchard

Hastings
Farm