



FEBRUARY 2025

VERNON PUBLIC SCHOOLS HIGH SCHOOL LUNCH MENU

Breakfast:
\$2.50
Lunch:
\$3.75

MON	TUE	WED	THU	FRI
<p>1. Famous Popcorn Chicken Bowl with Honey Biscuit 3</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Mashed Potatoes</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Queso Blanco & Beef Nachos with Cilantro Lime Rice 4</p> <p>2. Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Dominican Sofrito</p> <p>Black Beans</p> <p>Pico de Gallo</p> <p>1% or Fat Free Milk</p>	<p>1. Chicken Wings with Macaroni & Cheese & Dinner Roll 5</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Celery Sticks & Ranch</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Baked Ziti with Texas Toast 6</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Romaine Side Salad</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Cowboy Burger 7</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Diced Carrots</p> <p>Curly Fries</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>
<p>1. Crispy Chicken Tender Basket with Honey Mustard 10</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>French Fries</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Cheesy Meatball Grinder 11</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>French Fries</p> <p>Steamed Broccoli</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Loaded Cheese Fries with Garlic Breadstick 12</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Cucumber Moons</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Enchilada NEW 13</p> <p>Empanada with Cilantro Avocado Dipping Sauce and Brown Rice</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>1% or Fat Free Milk</p>	<p>14</p> <p>No School</p> 
<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>1. Baked Ziti with Texas Toast 19</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Kale Side Salad with Maple Balsamic Dressing</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Rich-Fil-A Sandwich & Chickin' Dippin' Sauce 20</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>French Fries</p> <p>Simple Chickpea Salad</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Mozzarella Sticks & Marinara with Garlic Knot 21</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Maple Mashed Sweet Potatoes</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>
<p>1. Famous Popcorn Chicken Bowl with Honey Biscuit 24</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Mashed Potatoes</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Queso Blanco & Beef Nachos with Cilantro Lime Rice 25</p> <p>2. Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Dominican Sofrito</p> <p>Black Beans</p> <p>Pico de Gallo</p> <p>1% or Fat Free Milk</p>	<p>1. Chicken Wings with Macaroni & Cheese & Dinner Roll 26</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Celery Sticks & Ranch</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. French Toast Sticks & Turkey Sausage Links with Syrup 27</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>Hash Brown</p> <p>Assorted Fruit & Veggies</p> <p>1% or Fat Free Milk</p>	<p>1. Cowboy Burger 28</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Fish Fillet Sandwich</p> <p>4. Cheese Pizza</p> <p>NEW with homemade wicked spicy pickles</p> <p>Honey Roasted Carrots</p> <p>Curly Fries</p> 

MEAL PRICES

Breakfast: \$2.50
Lunch: \$3.75

Adult Lunch: \$5.50
Adult Breakfast: \$3.50

www.myschoolbucks.com

DAILY OPTIONS

- Muffin Lunch Box
- Fresh Salads
- Deli Sandwiches
- Yogurt Parfaits

Each lunch includes the main entrée, 2 veggies, 2 fruit, and an ice cold milk!

MADE TO ORDER SALADS



This menu is  **pork free**  **nut free**

FEBRUARY 2025

VERNON PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
Main Entrée (2 Points) Egg-Stuffed Hashbrown Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Mini Pancakes Bagel & CC Fruit Smoothie	Main Entrée (2 Points) French Toast Sticks Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Breakfast Empanadas Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Bacon Egg and Cheese Sandwich Bagel & CC Fruit Smoothie
Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk Hot Chocolate Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk Hot Chocolate Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk Hot Chocolate Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk Hot Chocolate Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk Hot Chocolate Milk



Students must select 3 or 4 points at breakfast and 1 point must be a fruit.

Eat Breakfast Here!

Student Breakfast: \$2.50
Adult Breakfast: \$3.50

Free & Reduced-Price Meals

Free or reduced-price meals are available through SNAP benefits 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

Maple Balsamic Dressing



- 3/4 cup oil
- 1/4 cup balsamic vinegar
- 1/4 cup maple syrup
- juice of one lemon
- 1 tbsp dijon mustard
- 1 tsp salt & pepper
- 2 gloves of garlic



Blend all ingredients in blender until creamy.

Are you a parent interested in joining our Farm to School Team? Contact Kaylee Carlisle at kcarlisle@vernon-ct.gov.

Thank you to our farm partners

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

Cloverleigh Farm

Cold Spring Farm

Harvesting Good