

# FEBRUARY 2025

## VERNON PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

**Breakfast:**  
\$2.25  
**Lunch:**  
\$3.50

MON	TUE	WED	THU	FRI
<p>1. Chicken Nuggets &amp; Soft Pretzel <b>3</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Cucumber Moons</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Queso Tomato Soup &amp; Grilled Cheese Dippers <b>4</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg &amp; Cheese Sandwich</p> <p><b>Diced Carrots</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Bacon Cheeseburger <b>5</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Smiley Fries</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Wild Mike's Cheese Bites &amp; Marinara <b>6</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>7</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p><b>Simple Chickpea Salad</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p>1. French Toast Sticks &amp; Turkey Sausage <b>10</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Cucumber Moons</b> Hashbrowns Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Chicken Parm over Penne <b>11</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Corn Dog on a Stick <b>12</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Sweet Baked Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Mozzarella Sticks &amp; Marinara Sauce <b>13</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg &amp; Cheese Sandwich</p> <p><b>Diced Carrots</b> <b>Strawberry Applesauce</b> 1% or Fat Free Milk</p>	<p><b>14</b></p> <p><b>No School</b></p> 
<p><b>17</b></p> <p><b>No School</b></p>	<p><b>18</b></p> <p><b>No School</b></p>	<p>1. Meatball Dippers with Marinara Sauce &amp; Garlic Knot <b>19</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Sweet Baked Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Mash-Up Bowl (popcorn chicken, mashed potatoes) <b>20</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg &amp; Cheese Sandwich</p> <p><b>Sweet Yellow Corn</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>21</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p><b>Honey Roasted Carrots</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p>1. Chicken Tenders with Waffles &amp; Syrup <b>24</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Cucumber Moons</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Beef &amp; Cheese Nachos <b>25</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg &amp; Cheese Sandwich</p> <p><b>Seasoned Black Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Popcorn Chicken &amp; Garlic Knot <b>26</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p><b>Maple Mashed Sweet Potatoes</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Hot Dog on a Bun <b>27</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg &amp; Cheese Sandwich</p> <p><b>Potato Rounds</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>28</b></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p><b>Kale Side Salad with Maple Balsamic Dressing</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p><b>MEAL PRICES</b></p> <p><b>Breakfast:</b> \$2.25 <b>Lunch:</b> \$3.50</p> <p>Adult Lunch: \$5.50 Adult Breakfast: \$3.50</p> <p><a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a></p>	<p><b>DAILY OPTIONS</b></p> <ul style="list-style-type: none"> <li>Muffin Lunch Box</li> <li>Fresh Salads</li> <li>Deli Sandwiches</li> <li>Yogurt Parfaits</li> </ul> <p><i>Each lunch includes the main entrée, 2 veggies, 2 fruit, and an ice cold milk!</i></p>			



**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](mailto:efisher@vernon-ct.gov)

Menu items are subject to change without notice based on availability

This institution is an equal opportunity employer

# FEBRUARY 2025

## VERNON PUBLIC SCHOOLS MIDDLE SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
<b>Main Entrée (2 Points)</b> Mini Cinnis Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Breakfast Bun Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> French Toast Sticks Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Jimmy Dean Turkey Sausage Pancake Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Bacon Egg and Cheese Sandwich Bagel & CC Fruit Smoothie
<b>Side Choices (1 Point)</b> Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	<b>Side Choices (1 Point)</b> Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	<b>Side Choices (1 Point)</b> Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	<b>Side Choices (1 Point)</b> Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	<b>Side Choices (1 Point)</b> Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk

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

Eat Breakfast Here!

Student Breakfast: \$2.25  
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](http://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](mailto: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