

# FEBRUARY 2024

## VERNON PUBLIC SCHOOLS HIGH SCHOOL LUNCH MENU

**Breakfast:**  
\$0.00  
**Lunch:**  
\$3.50

**MON**

**TUE**

**WED**

**THU**

**FRI**

### MEAL PRICES

**Student Lunch: \$3.50**  
**Student Breakfast: \$0.00**  
  
**Adult Lunch: \$5.00**  
**Adult Breakfast: \$3.00**

### DAILY OPTIONS

**Muffin Lunch Box**  
**Fresh Deli Salads**  
**Deli Sandwiches**  
**Fruit & Yogurt Parfaits**

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

1. Rich-Fil-A Sandwich with Chick'n Dippin' Sauce  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
French Fries  
**Romaine Side Salad**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Popcorn Chicken with Rice  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Green Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Cowboy Cheeseburger (with onion rings)  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**French Fries**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. General Tso's Chicken with Veggie Fried Rice  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Green Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. French Toast Sticks & Turkey Sausage Links  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Diced Carrots**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Famous Popcorn Chicken Bowl  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Mashed Potatoes**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Nachos Supreme (Beef or Vegetarian) with Black Beans & Rice  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Black Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Scott's Jamaican Beef Patty  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Green Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Baked Ziti & Texas Toast  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Steamed Broccoli**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Mozzarella Sticks with Marinara Sauce & Garlic Knot  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Roasted Root Vegetables**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

**No School 19**



**No School 20**

1. Loaded Cheese Fries  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**TRY Spinach Pesto Pasta**  
**Vegetarian Baked Beans**  
1% or Fat Free Milk

1. General Tso's Chicken with Veggie Fried Rice  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Green Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. French Toast Sticks & Turkey Sausage Links  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Diced Carrots**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Rich-Fil-A Sandwich with Chick'n Dippin' Sauce  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
French Fries  
**Romaine Side Salad**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Popcorn Chicken with Rice  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Green Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Cowboy Cheeseburger (with onion rings)  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**French Fries**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. Chicken and Cheese Burrito with Rice & Salsa  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Black Beans**  
Assorted Fruit & Veggies  
1% or Fat Free Milk

1. French Toast Sticks & Turkey Sausage Links  
2. Crispy Chicken Sandwich  
3. Fish Fillet Sandwich  
4. Cheese Pizza  
  
**Diced Carrots**  
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

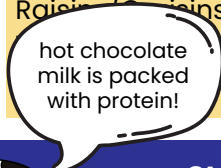
# FEBRUARY 2024

## VERNON PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
<b>Main Entrée (2 Points)</b> Breakfast Bun Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Mini Waffles Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> French Toast Sticks Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Mini Cinnis Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Bacon Egg and Cheese Sandwich Bagel & CC 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



Hot chocolate milk is available daily as part of a complete breakfast!



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

**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](http://www.vernonpublicschools.org/free-and-reduced-meals)

*If you receive SNAP benefits or HUSKY insurance and you have not received a letter from Vernon Public Schools qualifying you for free or reduced-priced meals, please contact the Food & Nutrition Services Department at 860-896-4682.*



### 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 14 at school made with 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