

# JANUARY 2025

## VERNON PUBLIC SCHOOLS ELEMENTARY LUNCH MENU

**Breakfast:**  
\$2.00  
**Lunch:** \$3.25

MON	TUE	WED	THU	FRI
<p><b>MEAL PRICES</b></p> <p><b>Breakfast:</b> \$2.00 <b>Lunch:</b> \$3.25</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>		<p>1. Mozzarella Sticks &amp; Marinara Sauce <b>2</b></p> <p>2. Egg &amp; Cheese</p> <p>3. Muffin Lunch Box</p> <p>4. Garden Black Bean Burger</p> <p><b>Green Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>3</b></p> <p>2. Turkey &amp; Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Tuna Sandwich</p> <p><b>Diced Carrots</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p>1. Chicken Nuggets &amp; Dinner Roll <b>6</b></p> <p>2. Grilled Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Veggie Bites &amp; Roll</p> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Wild Mike's Cheese Bites &amp; Marinara <b>7</b></p> <p>2. Kid's Chef Salad</p> <p>3. Muffin Lunch Box</p> <p>4. Kid's Vegetarian Salad</p> <p><b>Sweet Baked Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheeseburger on a Bun <b>8</b></p> <p>2. Turkey Pepperoni &amp; Cheese Grinder</p> <p>3. Muffin Lunch Box</p> <p>4. Cheesy Tuna Melt</p> <p><b>Potato Rounds</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Mandarin Orange Chicken &amp; Rice <b>9</b></p> <p>2. Egg &amp; Cheese</p> <p>3. Muffin Lunch Box</p> <p>4. Garden Black Bean Burger</p> <p><b>Green Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>10</b></p> <p>2. Turkey &amp; Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Tuna Sandwich</p> <p><b>Carrots &amp; Ranch</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p>1. French Toast Sticks &amp; Turkey Sausage <b>13</b></p> <p>2. Grilled Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Veggie Bites &amp; Roll</p> <p><b>Green Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Macaroni &amp; Cheese <b>14</b></p> <p>2. Egg &amp; Cheese</p> <p>3. Muffin Lunch Box</p> <p>4. Garden Black Bean Burger</p> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Corn Dog on a Stick <b>15</b></p> <p>2. Turkey Pepperoni &amp; Cheese Grinder</p> <p>3. Muffin Lunch Box</p> <p>4. Cheesy Tuna Melt</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>16</b></p> <p>2. Egg &amp; Cheese</p> <p>3. Muffin Lunch Box</p> <p>4. Garden Black Bean Burger</p> <p><b>Diced Carrots</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>17</b></p> <p>2. Turkey &amp; Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Tuna Sandwich</p> <p><b>Sweet Yellow Corn</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p><b>20</b></p> <p><b>No School</b></p>	<p>1. Crispy Chicken Sandwich <b>21</b></p> <p>2. Kid's Chef Salad</p> <p>3. Muffin Lunch Box</p> <p>4. Kid's Vegetarian Salad</p> <p><b>Sweet Baked Beans</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Meatball Dippers with Marinara &amp; Garlic Knot <b>22</b></p> <p>2. Turkey Pepperoni &amp; Cheese Grinder</p> <p>3. Muffin Lunch Box</p> <p>4. Cheesy Tuna Melt</p> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Mash-Up Bowl (popcorn chicken, mashed potatoes) <b>23</b></p> <p>2. Egg &amp; Cheese</p> <p>3. Muffin Lunch Box</p> <p>4. Black Bean Burger</p> <p><b>Sweet Yellow Corn</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>24</b></p> <p>2. Turkey &amp; Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Tuna 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>27</b></p> <p>2. Grilled Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Veggie Bites &amp; Roll</p> <p><b>Cucumber Moons</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Beef &amp; Cheese Nachos <b>28</b></p> <p>2. Kid's Chef Salad</p> <p>3. Muffin Lunch Box</p> <p>4. Kid's Vegetarian Salad</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>29</b></p> <p>2. Turkey Pepperoni &amp; Cheese Grinder</p> <p>3. Muffin Lunch Box</p> <p>4. Cheesy Tuna Melt</p> <p><b>Diced Carrots</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Hot Dog on a Bun <b>30</b></p> <p>2. Egg &amp; Cheese</p> <p>3. Muffin Lunch Box</p> <p>4. Garden Black Bean Burger</p> <p><b>Potato Rounds</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza <b>31</b></p> <p>2. Turkey &amp; Cheese Sandwich</p> <p>3. Muffin Lunch Box</p> <p>4. Tuna Sandwich</p> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>



This menu is  pork free  nut free

# JANUARY 2025

## VERNON PUBLIC SCHOOLS ELEMENTARY BREAKFAST MENU

MON	TUE	WED	THU	FRI
<b>Main Combo:</b> Breakfast Bun Fresh Fruit 1% or Fat Free Milk	<b>Main Combo:</b> Mini Cinnis 100% Fruit Juice 1% or Fat Free Milk	<b>Main Combo:</b> French Toast Sticks Fresh Fruit 1% or Fat Free Milk	<b>Main Combo:</b> Jimmy Dean Turkey Sausage & Pancake 100% Fruit Juice 1% or Fat Free Milk	<b>Main Combo:</b> Mini Pancakes Fresh Fruit 1% or Fat Free Milk
<b>Cereal Combo:</b> Red. Sugar Cereal Graham Crackers Fresh Fruit Fat free or 1% Milk	<b>Cereal Combo:</b> Red. Sugar Cereal Graham Crackers 100% Juice Fat free or 1% Milk	<b>Cereal Combo:</b> Red. Sugar Cereal Graham Crackers Fresh Fruit Fat free or 1% Milk	<b>Cereal Combo:</b> Red. Sugar Cereal Graham Crackers 100% Juice Fat free or 1% Milk	<b>Cereal Combo:</b> Red. Sugar Cereal Graham Crackers Fresh Fruit Fat free or 1% Milk
<b>Bagel Combo:</b> Bagel & Cream Cheese Fresh Fruit Fat free or 1% Milk	<b>Bagel Combo:</b> Bagel & Cream Cheese 100% Fruit Juice Fat free or 1% Milk	<b>Bagel Combo:</b> Bagel & Cream Cheese Fresh Fruit Fat free or 1% Milk	<b>Bagel Combo:</b> Bagel & Cream Cheese 100% Fruit Juice Fat free or 1% Milk	<b>Bagel Combo:</b> 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.

**Student Breakfast: \$2.00 at LSS and CRS**

### 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)

*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.***

### Farm to School



Through Farm to School (F2S) initiatives, we empower students to develop healthy eating habits by purchasing fresh food from local farms to serve in the cafeteria and by strengthening nutrition education in the classroom. By partnering with local farms, we increase students' food literacy and connection to the land, their environment and community.

**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