

JANUARY 2024

Breakfast: \$0.00
Lunch: \$3.00

VERNON PUBLIC SCHOOLS ELEMENTARY LUNCH MENU

MON

TUE

WED

THU

FRI



1. Beef & Cheese Nachos
2. Muffin Lunch Box
3. Sunbutter & Jelly with String Cheese

2

Black Beans

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Chicken Nuggets & Garlic Knot
2. Turkey Pepperoni & Cheese Grinder
3. Muffin Lunch Box
4. Tuna Sandwich

3

Steamed Broccoli

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Hot Dog on a Bun
2. Egg & Cheese Sandwich
3. Muffin Lunch Box
4. Garden Black Bean Burger

4

Sweet Corn

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese Pizza
2. Turkey & Cheese Croissant
3. Muffin Lunch Box
4. Tuna Sandwich

5

Red Pepper Strips & Dip
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Grilled Cheese Sandwich & Tomato Soup
2. Muffin Lunch Box
3. Veggie Bites & Dinner Roll

8

Cucumber Moons

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheeseburger
2. Kids Chef Salad
3. Muffin Lunch Box
4. Kids Vegetarian Garden Salad

9

Vegetarian Baked Beans

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Mini Corn Dogs
2. Turkey Pepperoni & Cheese Grinder
3. Muffin Lunch Box
4. Tuna Sandwich

10

Steamed Broccoli

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Mash Up Bowl (Potatoes, Popcorn Chicken, Cheese)
2. Egg & Cheese
3. Muffin Lunch Box
4. Garden Black Bean Burger

11

Mashed Potatoes

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese Pizza
2. Turkey & Cheese Croissant
3. Muffin Lunch Box
4. Tuna Sandwich

12

Diced Carrots

Assorted Fruit & Veggies
1% or Fat Free Milk



15

1. French Toast Sticks & Turkey Sausage
2. Kids Chef Salad
3. Muffin Lunch Box
4. Kids Vegetarian Garden Salad

16

Cucumber Moons

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Crispy Chicken Sandwich
2. Turkey Pepperoni & Cheese Grinder
3. Muffin Lunch Box
4. Tuna Sandwich

17

French Fries

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Mozzarella Sticks with Marinara Sauce
2. Egg & Cheese Sandwich
3. Muffin Lunch Box
4. Garden Black Bean Burger

18

Vegetarian Baked Beans

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Manager's Choice
2. Turkey & Cheese Croissant
3. Muffin Lunch Box
4. Tuna Sandwich

19

Manager's Choice

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Chicken Tenders with Waffles & Syrup
2. Grilled Cheese Sandwich
3. Muffin Lunch Box
4. Veggie Bites & Dinner Roll

22

Cucumber Moons

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Beef & Cheese Nachos
2. Kids Chef Salad
3. Muffin Lunch Box
4. Kids Vegetarian Garden Salad

23

Black Beans

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Chicken Nuggets & Garlic Knot
2. Turkey Pepperoni & Cheese Grinder
3. Muffin Lunch Box
4. Tuna Sandwich

24

Steamed Broccoli

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Chili Dog on a Bun
2. Egg & Cheese Sandwich
3. Muffin Lunch Box
4. Garden Black Bean Burger

25

Sweet Corn

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese Pizza
2. Turkey & Cheese Croissant
3. Muffin Lunch Box
4. Tuna Sandwich

26

Red Pepper Strips & Dip
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Grilled Cheese Sandwich & Tomato Soup
2. Muffin Lunch Box
3. Veggie Bites & Dinner Roll

29

Cucumber Moons

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheeseburger
2. Kids Chef Salad
3. Muffin Lunch Box
4. Kids Vegetarian Garden Salad

30

Vegetarian Baked Beans

Assorted Fruit & Veggies
1% or Fat Free Milk

1. Mini Corn Dogs
2. Turkey Pepperoni & Cheese Grinder
3. Muffin Lunch Box
4. Tuna Sandwich

31

Roasted Root Vegetables

Roasted Carrots
Assorted Fruit & Veggies
1% or Fat Free Milk



MEAL PRICES

Student Lunch: \$3.00
Student Breakfast: \$0.00

Adult Lunch: \$5.00
Adult Breakfast: \$3.00



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

JANUARY 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.***

Roasted Root Veggies

This month the cafeterias will be roasting different root vegetables (sweet potatoes, parsnips, carrots) from nearby farms. Roasting is an easy way to bring the sweetness out of your veggies for extra flavor.



Want to roast veggies at home? Follow these steps:

1. Cut veggies into similarly sized pieces so they cook at the same rate
2. Coat veggies in olive oil and sprinkle with salt and pepper
3. Spread veggies evenly on a large roasting sheet, do not crowd veggies
4. Roast in a preheated oven at 400F until browned and crispy, rotating throughout the cooking process

Thank you to our farm partners

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

Cloverleigh
Farm

Horse
Listeners
Orchard

Hastings
Farm