

JANUARY 2024

VERNON PUBLIC SCHOOLS HIGH SCHOOL LUNCH MENU

Breakfast:
\$0.00
Lunch:
\$3.50

MON	TUE	WED	THU	FRI
<div>HAPPY NEW YEAR!</div> <div><div>1.Crispy Chicken Tender Basket with Honey Mustard</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>French Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.Nachos Supreme (Beef or Vegetarian) with Black Beans & Rice</div><div>2.Crispy Chicken Sand</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Black Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.Scott's Jamaican Beef Patty & Coco Bread</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Green Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.Baked Ziti & Texas Toast</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.Mozzarella Sticks with Marinara Sauce & Garlic Knot</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Diced Carrots</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>
<div><div>1.Crispy Chicken Tender Basket with Honey Mustard</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>French Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.Pasta with Meat Sauce & Garlic Knot</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.Loaded Cheese Fries</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Vegetarian Baked Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.General Tso's Chicken with Veggie Fried Rice</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Green Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1.French Toast Sticks & Turkey Sausage Links</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Diced Carrots</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>
<div><div>15</div><div></div></div> <div><div>1.Popcorn Chicken with Rice</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div> <div><div>Green Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>16</div><div><div>1.Cowboy Cheeseburger (with onion rings)</div><div>2.Crispy Chicken Sand</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>TRY</div><div>Roasted Root Vegetables</div></div><div><div>French Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>17</div><div><div>1.Chicken and Cheese Burrito with Rice & Salsa</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Black Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>18</div><div><div>1.Rich-Fil-A Sandwich with Chick'n Dippin' Sauce</div><div>2.Crispy Chicken Sand</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>French Fries</div><div>Carrot Sticks</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	
<div><div>22</div><div><div>1.Famous Popcorn Chicken Bowl</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Mashed Potatoes</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>23</div><div><div>1.Nachos Supreme (Beef or Vegetarian) with Black Beans & Rice</div><div>2.Crispy Chicken Sand</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Black Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>24</div><div><div>1.Scott's Jamaican Beef Patty & Coco Bread</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Green Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>25</div><div><div>1.Baked Ziti & Texas Toast</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>26</div><div><div>1.Mozzarella Sticks with Marinara Sauce & Garlic Knot</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Roasted Root Vegetables</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>
<div><div>29</div><div><div>1.Crispy Chicken Tender Basket with Honey Mustard</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>French Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>30</div><div><div>1.Pasta with Meat Sauce & Garlic Knot</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>31</div><div><div>1.Loaded Cheese Fries</div><div>2.Crispy Chicken Sandwich</div><div>3.Fish Fillet Sandwich</div><div>4.Cheese Pizza</div></div><div><div>Vegetarian Baked Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div></div>	<div><div>DAILY OPTIONS</div><div>Muffin Lunch Box</div><div>Fresh Deli Salads</div><div>Deli Sandwiches</div><div>Fruit & Yogurt Parfaits</div><div>Each lunch includes the main entrée, 2 veggies, 2 fruit, and an ice cold milk!</div></div> <div><div>MEAL PRICES</div><div>Student Lunch: \$3.50</div><div>Student Breakfast: \$0.00</div><div>Adult Lunch: \$5.00</div><div>Adult Breakfast: \$3.00</div></div>	



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

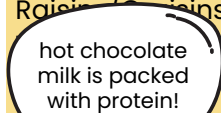
JANUARY 2024

VERNON PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST MENU

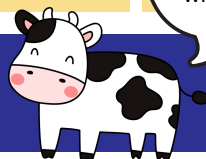
MON	TUE	WED	THU	FRI
Main Entrée (2 Points) Breakfast Bun Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Mini Waffles Bagel & CC Fruit Smoothie	Main Entrée (2 Points) French Toast Sticks Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Mini Cinnis Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Bacon Egg and Cheese Sandwich Bagel & CC Smoothie
Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% 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 will be available daily at breakfast starting Jan 8



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

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.

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