

JANUARY 2024

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

Breakfast:
\$0.00
Lunch:
\$3.25

MON	TUE	WED	THU	FRI
<div>HAPPY NEW YEAR!</div>	<div><div>1. Wild Mike's Cheese Bites & Marinara</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese Sandwich</div></div> <div>2</div> <div><div>Vegetarian Baked Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Meatball Dippers with Marinara & Garlic Knot</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>3</div> <div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Bacon Cheeseburger</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese Sandwich</div></div> <div>4</div> <div><div>Potato Rounds</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Sal's Pizza</div><div>2. Crispy Chicken Sandwich</div><div>3. Crispy Fish Filet</div></div> <div>5</div> <div><div>Diced Carrots</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>
<div><div>1. Chicken Nuggets & Garlic Knot</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>8</div> <div><div>Romaine Side Salad</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. Egg & Cheese Sandwich</div></div> <div>9</div> <div><div>Green Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Chicken Tender Basket with Honey Mustard</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>10</div> <div><div>Curley Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Mozzarella Sticks & Marinara Sauce</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese Sandwich</div></div> <div>11</div> <div><div>Black Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Sal's Pizza</div><div>2. Crispy Chicken Sandwich</div><div>3. Crispy Fish Filet</div></div> <div>12</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. Pasta with Meatballs</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese</div></div> <div>16</div> <div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Chili Dog on a Bun</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>17</div> <div><div>Curley Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Beef & Cheese Nachos with Black Beans & Rice</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese Sandwich</div></div> <div>18</div> <div><div>Black Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Sal's Pizza</div><div>2. Crispy Chicken Sandwich</div><div>3. Crispy Fish Filet</div></div> <div>19</div> <div><div>Pepper Sticks & Dip</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>
<div><div>1. French Toast Sticks & Turkey Sausage Link</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>22</div> <div><div>Cucumber Moons</div><div>Hash Brown</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Wild Mike's Cheese Bites & Marinara</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese Sandwich</div></div> <div>23</div> <div><div>Vegetarian Baked Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Meatball Dippers with Marinara & Garlic Knot</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>24</div> <div><div><div>TRY</div>Roasted Root Vegetables</div><div>Roasted Carrots</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Bacon Cheeseburger</div><div>2. Crispy Chicken Sandwich</div><div>3. Egg & Cheese Sandwich</div></div> <div>25</div> <div><div>Potato Rounds</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Sal's Pizza</div><div>2. Crispy Chicken Sandwich</div><div>3. Crispy Fish Filet</div></div> <div>26</div> <div><div>Steamed Broccoli</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>
<div><div>1. Chicken Nuggets & Garlic Knot</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>29</div> <div><div>Romaine Side Salad</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. Egg & Cheese Sandwich</div></div> <div>30</div> <div><div>Green Beans</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div><div>1. Chicken Tender Basket with Honey Mustard</div><div>2. Crispy Chicken Sandwich</div><div>3. Grilled Cheese</div></div> <div>31</div> <div><div>Curley Fries</div><div>Assorted Fruit & Veggies</div><div>1% or Fat Free Milk</div></div>	<div>DAILY OPTIONS</div> <div>Muffin Lunch Box</div> <div>Chef or Garden Salad</div> <div>Deli Sandwich</div> <div>Fruit & Yogurt Parfaits</div> <div>Each lunch includes the main entrée, 2 veggies, 1 fruit, and an ice cold milk!</div>	
<div>MEAL PRICES</div> <div>Student Lunch: \$3.25</div> <div>Student Breakfast: \$0.00</div> <div>Adult Lunch: \$5.00</div> <div>Adult Breakfast: \$3.00</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 MIDDLE 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 Fruit 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

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