

# JANUARY 2025

## VERNON PUBLIC SCHOOLS HIGH SCHOOL LUNCH MENU

**Breakfast:**  
\$2.50  
**Lunch:**  
\$3.75


MON	TUE	WED	THU	FRI
<p><b>MEAL PRICES</b></p> <p><b>Breakfast:</b> \$2.50 <b>Lunch:</b> \$3.75</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><b>MADE TO ORDER SALADS</b></p> 	<ol style="list-style-type: none"> <li>Rich-Fil-A Sandwich &amp; Chickin' Dippin' Sauce <b>2</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>French Fries</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Mozzarella Sticks &amp; Marinara with Garlic Knot <b>3</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Diced Carrots</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<ol style="list-style-type: none"> <li>General Tso's Chicken with Veggie Fried Rice &amp; Egg Roll <b>6</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Fiesta Kickin' Chili with Chips &amp; Corn Bread <b>7</b></li> <li>Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Cucumber Moons</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>French Toast Sticks &amp; Turkey Sausage Links with Syrup <b>8</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Hash Brown</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Rich-Fil-A Sandwich &amp; Chickin' Dippin' Sauce <b>9</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p>French Fries <b>Simple Chickpea Salad</b> 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Mozzarella Sticks &amp; Marinara with Garlic Knot <b>10</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Red Pepper Strips</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<ol style="list-style-type: none"> <li>Famous Popcorn Chicken Bowl with Honey Biscuit <b>13</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Mashed Potatoes</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Queso Blanco &amp; Beef Nachos with Cilantro Lime Rice <b>14</b></li> <li>Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Dominican Sofrito Black Beans Pico de Gallo</b> 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Chicken Wings with Macaroni &amp; Cheese &amp; Dinner Roll <b>15</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Celery Sticks &amp; Ranch</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Baked Ziti with Texas Toast <b>16</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Romaine Side Salad</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Cowboy Burger <b>17</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Diced Carrots</b> Curly Fries Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<p><b>20</b></p> <p><b>No School</b></p>	<ol style="list-style-type: none"> <li>Cheesy Meatball Grinder <b>21</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p>French Fries <b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Loaded Cheese Fries with Garlic Breadstick <b>22</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Cucumber Moons</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Chicken Enchiladas <b>23</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Jalapeno Street Corn</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Manager's Choice <b>24</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p>Manager's Choice Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>
<ol style="list-style-type: none"> <li>General Tso's Chicken with Veggie Fried Rice &amp; Egg Roll <b>27</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Steamed Broccoli</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Fiesta Kickin' Chili with Chips &amp; Corn Bread <b>28</b></li> <li>Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Cucumber Moons</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>French Toast Sticks &amp; Turkey Sausage Links with Syrup <b>29</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Hash Brown</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>	<ol style="list-style-type: none"> <li>Rich-Fil-A Sandwich &amp; Chickin' Dippin' Sauce <b>30</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p> <b>Three Sisters Soup</b> French Fries <b>Simple Chickpea Salad</b></p>	<ol style="list-style-type: none"> <li>Mozzarella Sticks &amp; Marinara with Garlic Knot <b>31</b></li> <li>Crispy Chicken Sandwich</li> <li>Fish Fillet Sandwich</li> <li>Cheese Pizza</li> </ol> <p><b>Red Pepper Strips</b> Assorted Fruit &amp; Veggies 1% or Fat Free Milk</p>



This menu is  **pork free**  **nut free**

# JANUARY 2025

## VERNON PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
<b>Main Entrée (2 Points)</b> Egg-Stuffed Hashbrown Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Mini Pancakes Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> French Toast Sticks Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> <b>Breakfast Empanadas</b>  Bagel & CC Fruit Smoothie	<b>Main Entrée (2 Points)</b> Bacon Egg and Cheese Sandwich Bagel & CC Fruit 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 Hot Chocolate 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	<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	<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	<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



Students must select 3 or 4 points at breakfast and 1 point must be a fruit. **Eat Breakfast Here!** Student Breakfast: \$2.50 Adult Breakfast: \$3.50

### 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)

### 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