

JANUARY 2025

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

Breakfast:
\$2.25
Lunch:
\$3.50

MON	TUE	WED	THU	FRI
<p>MEAL PRICES</p> <p>Breakfast: \$2.25 Lunch: \$3.50</p> <p>Adult Lunch: \$5.50 Adult Breakfast: \$3.50</p> <p>www.myschoolbucks.com</p>	<p>DAILY OPTIONS</p> <ul style="list-style-type: none"> • Muffin Lunch Box • Fresh Salads • Deli Sandwiches • Yogurt Parfaits <p><i>Each lunch includes the main entrée, 2 veggies, 2 fruit, and an ice cold milk!</i></p>		<p>1. Mozzarella Sticks & Marinara Sauce 2</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg & Cheese Sandwich</p> <p>Diced Carrots Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza 3</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p>Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk</p>
<p>1. Chicken Nuggets & Soft Pretzel 6 <small>NEW</small></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Queso Tomato Soup & Grilled Cheese Dippers 7 <small>NEW</small></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg & Cheese Sandwich</p> <p>Diced Carrots Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Bacon Cheeseburger 8</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Smiley Fries Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Wild Mike's Cheese Bites & Marinara 9</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>TRY Three Sisters Soup </p> <p>Steamed Broccoli 1% or Fat Free Milk</p>	<p>1. Cheese Pizza 10</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p>Simple Chickpea Salad Assorted Fruit & Veggies 1% or Fat Free Milk</p>
<p>1. French Toast Sticks & Turkey Sausage 13</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Cucumber Moons Hashbrowns Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Chicken Parm over Penne 14 <small>NEW</small></p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Corn Dog on a Stick 15</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Sweet Baked Beans Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Mozzarella Sticks & Marinara Sauce 16</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg & Cheese Sandwich</p> <p>Diced Carrots Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza 17</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p>Sweet Yellow Corn Assorted Fruit & Veggies 1% or Fat Free Milk</p>
<p>20</p> <p>No School</p>	<p>1. Cheesy Lasagna Roll Up with Garlic Bread 21</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Meatball Dippers with Marinara Sauce & Garlic Knot 22</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Sweet Baked Beans Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Mash-Up Bowl (popcorn chicken, mashed potatoes) 23</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg & Cheese Sandwich</p> <p>Sweet Yellow Corn Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza 24</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p>Honey Roasted Carrots Assorted Fruit & Veggies 1% or Fat Free Milk</p>
<p>1. Chicken Tenders with Waffles & Syrup 27</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Beef & Cheese Nachos 28</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg & Cheese Sandwich</p> <p>Seasoned Black Beans Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Popcorn Chicken & Garlic Knot 29</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Grilled Cheese Sandwich</p> <p>Diced Carrots Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Hot Dog on a Bun 30</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Egg & Cheese Sandwich</p> <p>Potato Rounds Assorted Fruit & Veggies 1% or Fat Free Milk</p>	<p>1. Cheese Pizza 31</p> <p>2. Crispy Chicken Sandwich</p> <p>3. Crispy Fish Filet Sandwich</p> <p>Romaine Side Salad Assorted Fruit & Veggies 1% or Fat Free Milk</p>



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 2025

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
Main Entrée (2 Points) Mini Cinnis Bagel & CC Fruit Smoothie	Main Entrée (2 Points)  Breakfast Empanadas Bagel & CC Fruit Smoothie	Main Entrée (2 Points) French Toast Sticks Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Jimmy Dean Turkey Sausage Pancake 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.  **Eat Breakfast Here!** Student Breakfast: \$2.25 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

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.

Thank you to our farm partners

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

Cloverleigh Farm

Cold Spring Farm

Harvesting Good