

\$2.90 per day

March 2019

Vernon Public Schools Lunch Menu - Vernon Center Middle School

happiness 😊 guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Nuggets & Dinner Roll Egg & Cheese Sandwich Chef Salad Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	5 Chicken & Cheese Quesadilla with Salsa Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	6 Cheeseburger on Whole Grain Bun Grilled Cheese Sandwich Chicken Caesar Salad Baked Beans & French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 Mozzarella Sticks & Marinara Sauce Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 Cheese Pizza Cheeseburger Pizza Quesadilla Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
11 Hot Dog on Whole Grain Bun Egg & Cheese Sandwich Chef Salad Green Beans & French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	12 Cheeseburger on Whole Grain Bun Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	13 Cheesy Chicken Fajita Wrap Grilled Cheese Sandwich Chicken Caesar Salad Baby Carrots & Ranch Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 Turkey Dinner with Dinner Roll Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	15 Cheese Pizza Cheeseburger Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
18 No School	19 Pasta with Meat Sauce & Garlic Bread Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	20 Sweet & Sour Popcorn Chicken with Rice Grilled Cheese Sandwich Chicken Caesar Salad Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 Nacho Bar Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 Cheese Pizza Cheeseburger Pizza Quesadilla Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
25 Chicken Nuggets & Dinner Roll Egg & Cheese Sandwich Chef Salad Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	26 Chicken & Cheese Quesadilla with Salsa Sunbutter & Jelly Sand w Cheese Stick Popcorn Chicken Salad Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	27 Cheeseburger on Whole Grain Bun Grilled Cheese Sandwich Chicken Caesar Salad Baked Beans & French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	28 Mozzarella Sticks & Marinara Sauce Sunbutter & Jelly Sand w Cheese Stick Fresh Garden Salad Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 Cheese Pizza Cheeseburger Pizza Quesadilla Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

Menu subject to change without notice

Fresh deli sandwiches available daily!

March is National Nutrition Month



Did you know?

March is **National Nutrition Month!** Follow these key messages for a healthy eating style:

- Be mindful of portion sizes. School menus are designed to provide the appropriate amount of nutrition based on age group.
- Keep it simple. Eating right doesn't have to be complicated. Select fresh fruits and veggies every day at school unch to stay healthy.



Vernon Public Schools Food & Nutrition Services

Elizabeth Fisher, MS, RD
 efisher@vernon-ct.gov
 860-896-4682



Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily