


\$2.65 per day

March 2019

Vernon Public Schools Lunch Menu - Elementary School

happiness 😊 guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
4 1. Cheeseburger on Whole Grain Bun 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	5 1. Popcorn Chick w/ BBQ Dipper & Roll 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	6 1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 1. Mozzarella Sticks with Marinara Sauce 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Fresh Carrots & Ranch Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
11 1. Chicken & Cheese Quesadilla w Salsa 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	12 1. Build-Your-Own Nacho Taco Tuesday! 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	13 1. Macaroni & Cheese with Garlic Bread 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 1. Hot Dog on Whole Grain Bun 2. Tuna Salad Sandwich 3. Yogurt Pretzel Meal Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	15 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
18 No School 	19 1. Pasta with Meat Sauce & Roll 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	20 1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 1. Turkey Dinner with Roll 2. Tuna Salad Sandwich 3. Yogurt Pretzel Meal Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
25 1. Cheeseburger on Whole Grain Bun 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Fresh Carrots & Ranch Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	26 1. Popcorn Chick w/ BBQ Dipper & Roll 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	27 1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Garbanzo Crunchies Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	NEW! 28 1. Beef Sloppy Joes 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 1. Cheese Pizza 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

March is National Nutrition Month

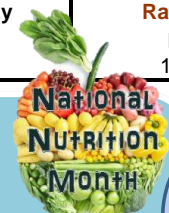


Menu subject to change without notice
 This institution is an equal opportunity provider.

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