

# March 2019

## Vernon Public Schools Lunch Menu - Pre-K

**happiness**  **guaranteed**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 1. Cheeseburger on Whole Grain Bun 2. Egg & Cheese Sandwich <b>French Fries</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b>	<b>5</b> 1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>6</b> 1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich <b>Baked Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>7</b> 1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>8</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Steamed Broccoli Florets</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>
<b>11</b> 1. Chick & Cheese Quesadilla w Salsa 2. Egg & Cheese Sandwich <b>Potato Wedges</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b>	<b>12</b> 1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich <b>Black Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>13</b> 1. Macaroni & Cheese 2. Grilled Cheese Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>14</b> 1. Hamburger on Whole Grain Bun 2. Turkey & Cheese Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>15</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Romaine Side Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>
<b>18</b> No School 	<b>19</b> 1. Pasta with Meat Sauce 2. WOWbutter & Jelly Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>20</b> 1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich <b>Crinkle Cut Sweet Potato Fries</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>21</b> 1. Turkey Dinner with Roll 2. Turkey & Cheese Sandwich <b>Mashed Potatoes &amp; Gravy</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>22</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Steamed Broccoli Florets</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>
<b>25</b> 1. Cheeseburger on Whole Grain Bun 2. Egg & Cheese Sandwich <b>Steamed Carrot Coins</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</b>	<b>26</b> 1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich <b>Green Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Giant Goldfish Grahams, 4oz 1% milk</b>	<b>27</b> 1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich <b>Baked Beans</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Fresh Orange, 4 oz. 1% milk</b>	<b>28</b>  1. Beef Sloppy Joe 2. Turkey Ham & Cheese Sandwich <b>French Fries</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Cheez-Its, 4 oz. 1% milk</b>	<b>29</b> 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich <b>Romaine Side Salad</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <b>S: Apple, 4 oz. 1% milk</b>

\*Menu subject to change without notice\*

### March is National Nutrition Month



This institution is an equal opportunity provider.



Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily

### 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 lunch to stay healthy.



**Vernon Public Schools  
Food & Nutrition  
Services**

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