

March 2019

happiness 😊 guaranteed

Vernon Public Schools Lunch Menu - Rockville High School

\$3.15 per day

Monday	Tuesday	Wednesday	Thursday	Friday
4 Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Peas & Corn Confetti Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	5 Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Grilled Cheese Sandwich French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	6 Mozzarella Sticks & Whole Grain Pasta Turkey & Cheese Wrap Egg & Cheese Sandwich Fresh Baby Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	 7 General Tso's Chicken & Veggie Fried Rice Breaded Fish Filet Grilled Cheese Sandwich Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
 11 Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Locally Grown Kale. Yeah! Salad Don't KALE my vibe! Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	12 Mac & Cheese w Garlic Bread & Spicy Chick Chicken Tender Wrap Grilled Cheese Sandwich Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	13 Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Egg & Cheese Sandwich French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 Cheesy Chicken Fajita Wrap Breaded Fish Filet Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	 15 Sal's Pizza! Funyun® Sloppy Joe Egg & Cheese Sandwich Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
18 No School	19 Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	20 Sweet & Sour Popcorn Chicken with Rice Turkey & Cheese Wrap Egg & Cheese Sandwich Mixed Vegetables Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 Mozzarella Sticks & Dinner Roll Grilled Cheese Sandwich Refried Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
25 Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Peas & Corn Confetti Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	26 Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Grilled Cheese Sandwich French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	27 Mozzarella Sticks & Whole Grain Pasta Turkey & Cheese Wrap Egg & Cheese Sandwich Fresh Baby Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	28 General Tso's Chicken & Veggie Fried Rice Breaded Fish Filet Grilled Cheese Sandwich Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1 Pizza Day! Funyun® Sloppy Joe Egg & Cheese Sandwich Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

This institution is an equal opportunity provider.

Fresh Salads Available Daily

- Monday:** Tex Mex Salad
- Tuesday:** Chicken Tender Salad
- Wednesday:** Fresh Garden Salad
- Thursday:** Green Goddess Cobb Salad
- Friday:** Manager's Choice Salad

Fresh deli bar available 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.



Starkist® tuna is a great source of lean protein and healthy fats to keep your heart healthy! Try some on the deli bar today!



Vernon Public Schools Food & Nutrition Services

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Menu is Pork & Peanut Free



Meatless Options Available Daily



Skim & 1% Milk Available Daily



Fresh Fruit & Veggies Daily