

\$2.65 per day

May 2019

Vernon Public Schools Lunch Menu - Elementary School

happiness  guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
6 1. Crispy Chicken Sandwich 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 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	8 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	9 1. Turkey Dinner with Garlic Bread 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	10 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
13 1. Cheeseburger on Whole Grain Bun 2. Egg & 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	14 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	15 1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Southwest Chickpea Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	16 1. Chili Cheese Fries with Corn Muffin 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	17 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
20 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	21 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	22 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	23 1. Hot Dog on Whole Grain Bun 2. Tuna Salad Sandwich 3. Yogurt Pretzel Meal Steamed Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	24 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
27 No School	28 1. Mozzarella Sticks with Marinara Sauce 2. WOWbutter & Jelly with String Cheese 3. Yogurt Pretzel Meal Mixed Veggies Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 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	30 1. Turkey Dinner with Garlic Bread 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	31 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

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



Did you know?

Kids need at least 60 minutes of physical activity every day. Whether that is running, biking, tossing a ball, or playing tag, every little bit counts. So, run around at recess, jump rope with friends, ride your scooter, or play a sport. It all adds up!

get out and play !!



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