

May 2019

Vernon Public Schools Lunch Menu - Pre-K

happiness 😊 guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>1. Crispy Chicken Sandwich 2. Egg & Cheese Sandwich Black Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</p>	<p>7</p> <p>1. Pasta with Meat Sauce 2. WOWbutter & Jelly Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Giant Goldfish Grahams, 4oz 1% milk</p>	<p>8</p> <p>1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich Crinkle Cut Sweet Potato Fries Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>9</p> <p>1. Turkey Dinner with Garlic Bread 2. Tuna Salad Sandwich Mashed Potatoes & Gravy Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>10</p> <p>1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Steamed Broccoli Florets Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Apple, 4 oz. 1% milk</p>
<p>13</p> <p>1. Cheeseburger on Whole Grain Bun 2. Egg & Cheese Sandwich Crinkle Cut Sweet Potato Fries Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</p>	<p>14</p> <p>1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Giant Goldfish Grahams, 4oz 1% milk</p>	<p>15</p> <p>1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich Southwest Chickpea Salad Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>16</p> <p>1. Yogurt & Muffin 2. Turkey & Cheese Sandwich Potato Wedges Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>17</p> <p>1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Romaine Side Salad Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Apple, 4 oz. 1% milk</p>
<p>20</p> <p>1. Chick & Cheese Quesadilla w Salsa 2. Egg & Cheese Sandwich Potato Wedges Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>21</p> <p>1. Chicken Nuggets & Dinner Roll 2. WOWbutter & Jelly Sandwich Black Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>22</p> <p>1. French Toast & Turkey Sausage 2. Grilled Cheese Sandwich Cucumber Moons Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>23</p> <p>1. Hamburger on Whole Grain Bun 2. Tuna Salad Sandwich Steamed Carrot Coins Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>24</p> <p>1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Romaine Side Salad Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>27</p> <p>No school</p>	<p>28</p> <p>1. Pasta with Meat Sauce 2. WOWbutter & Jelly Sandwich Mixed Veggies Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Giant Goldfish Grahams, 4oz 1% milk</p>	<p>29</p> <p>1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich Crinkle Cut Sweet Potato Fries Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>30</p> <p>1. Turkey Dinner with Garlic Bread 2. Tuna Salad Sandwich Mashed Potatoes & Gravy Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>31</p> <p>1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Steamed Broccoli Florets Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Apple, 4 oz. 1% milk</p>

Menu subject to change without notice

This institution is an equal opportunity provider.



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