

May 2019

happiness 😊 **guaranteed**

Vernon Public Schools Lunch Menu - Rockville High School

\$3.15 per day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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</p>	<p>9</p> <p>Nacho Bar Mozzarella Sticks & Dinner Roll Grilled Cheese Sandwich Refried Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>10</p> <p>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</p>
<p>13</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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</p>	<p>17</p> <p>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</p>
<p>20</p> <p>Spicy or Regular Crispy Chicken Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>21</p> <p>Two for Tuesday Soft Tacos Chicken Tender Wrap Grilled Cheese Sandwich Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>22</p> <p>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</p>	<p>23</p> <p>Mac & Cheese w Garlic Bread & Spicy Chick Breaded Fish Filet Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>24</p> <p>Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>27</p> <p>No School</p>	<p>28</p> <p>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</p>	<p>29</p> <p>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</p>	<p>30</p> <p>Nacho Bar Mozzarella Sticks & Dinner Roll Grilled Cheese Sandwich Refried Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>31</p> <p>Sal's Pizza! 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</p>

Menu subject to change without notice

Fresh Salads Available Daily
Monday: Tex Mex Salad
Tuesday: Chicken Tender Salad
Wednesday: Fresh Garden Salad
Thursday: Cobb Salad
Friday: Manager's Choice Salad
Fresh deli bar available daily!

Did you know?
 May is National Egg Month! Eggs are a nutrient powerhouse. One egg contains 6 grams of protein to power your day. Eggs are also one of the few natural food sources of Vitamin D, a critical micronutrient in bone health. Eggs are available in the school cafeteria on certain days for both breakfast and lunch. Check the menus!



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