

\$2.90 per day

May 2019

Vernon Public Schools Lunch Menu - Vernon Center Middle School

happiness  guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Hot Dog on Whole Grain Bun Pizza Quesadilla Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>7</p> <p>Cheeseburger on Whole Grain Bun Crispy Chicken Sandwich Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>8</p> <p>Cheesy Chicken Fajita Wrap Grilled Cheese Sandwich Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Baby Carrots & Ranch Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>9</p> <p>Turkey Dinner with Dinner Roll Cheeseburger Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>10</p> <p>Cheese Pizza Pepperoni Pizza Pizza Quesadilla Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>13</p> <p>Chicken Nuggets & Dinner Roll Pizza Quesadilla Tex Mex Salad Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>14</p> <p>Chicken & Cheese Quesadilla with Salsa Crispy Chicken Sandwich Tex Mex Salad Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>15</p> <p>Cheeseburger on Whole Grain Bun Grilled Cheese Sandwich Tex Mex Salad Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>16</p> <p>Mozzarella Sticks & Marinara Sauce Cheeseburger Tex Mex Salad Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>17</p> <p>Cheese Pizza Pepperoni Pizza Pizza Quesadilla Turkey Ham & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>20</p> <p>Grilled Chicken & Cheese Sandwich Pizza Quesadilla Chef Salad Buffalo Chicken & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>21</p> <p>Pasta with Meat Sauce & Garlic Bread Crispy Chicken Sandwich Chef Salad Buffalo Chicken & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>22</p> <p>Sweet & Sour Popcorn Chicken with Rice Grilled Cheese Sandwich Chef Salad Buffalo Chicken & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>23</p> <p>Nacho Bar Cheeseburger Chef Salad Buffalo Chicken & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>24</p> <p>Cheese Pizza Pepperoni Pizza Pizza Quesadilla Buffalo Chicken & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Romaine Salad 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>Cheeseburger on Whole Grain Bun Crispy Chicken Sandwich Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Baked Beans & Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>29</p> <p>Cheesy Chicken Fajita Wrap Grilled Cheese Sandwich Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>30</p> <p>Turkey Dinner with Dinner Roll Cheeseburger Popcorn Chicken Salad Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>31</p> <p>Cheese Pizza Pepperoni Pizza Pizza Quesadilla Turkey & Cheese Sandwich Sunbutter & Jelly Sand w Cheese Stick Romaine Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>

Menu subject to change without notice

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