

January 2019

Vernon Public Schools Lunch Menu - Pre-K

happiness  **guaranteed**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> 	<p>1</p>	<p>2</p> <p>1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich Potato Wedges Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>3</p> <p>1. Pasta with Meat Sauce 2. Turkey Ham & Cheese Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>4</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>7</p> <p>1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich Potato Rounds Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</p>	<p>8</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>9</p> <p>1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich Baked Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>10</p> <p>1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich Steamed Carrot Coins Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>11</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>14</p> <p>1. Grilled Chicken Sandwich on WG Bun 2. Egg & Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</p>	<p>15</p> <p>1. Hamburger on Whole Grain Bun 2. WOWbutter & Jelly Sandwich Potato Wedges Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Giant Goldfish Grahams, 4oz 1% milk</p>	<p>16</p> <p>1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich Steamed Carrot Coins Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>17</p> <p>1. Crispy Chicken Sandwich on WG Bun 2. Turkey & Cheese Sandwich Baked Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>18</p> <p>1. Cheese Pizza 2. WOWbutter & Jelly Sandwich Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Apple, 4 oz. 1% milk</p>
<p>21</p> <p>No School</p>	<p>22</p> <p>1. Turkey Dinner with Roll 2. WOWbutter & Jelly Sandwich Mashed Potatoes & Gravy Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Giant Goldfish Grahams, 4oz 1% milk</p>	<p>23</p> <p>1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich NEW! 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>24</p> <p>1. Pasta with Meat Sauce 2. Turkey Ham & Cheese Sandwich Cucumber Moons Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>25</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>28</p> <p>1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich Potato Rounds Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>SNACK: 4 oz Yogurt, 4 oz 100% Fruit Juice</p>	<p>29</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>30</p> <p>1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich NEW! Garbanzo Crunchies Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Fresh Orange, 4 oz. 1% milk</p>	<p>31</p> <p>1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich Steamed Carrot Coins Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p> <p>S: Cheez-Its, 4 oz. 1% milk</p>	<p>1</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>



Garbanzo Crunchies!

Try crunchy, roasted garbanzo beans in your cafeteria at lunch on Jan 30th to get some extra protein for strength.



Did you know?

Garbanzo beans are commonly known as Chickpeas! Garbanzo beans are grown and eaten in many parts of the world. These small legumes are an excellent source of protein, fiber, B vitamins, and some minerals that may help prevent the development of chronic diseases when eaten as part of a balanced diet.

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