

\$2.65 per day

January 2019

Vernon Public Schools Lunch Menu - Elementary School

happiness  guaranteed

Monday	Tuesday	Wednesday	Thursday	Friday
31 	1 	2  1. Chicken Nuggets & Dinner Roll 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Potato Wedges Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices 	3 1. Pasta with Meat Sauce & Dinner Roll 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	4 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Steamed Broccoli Florets Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
7 1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Potato Rounds Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 1. Popcorn Chicken with BBQ Dipper & Roll 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	9 1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	10 1. Mozzarella Sticks & Marinara Sauce 2. Turkey Ham & Cheese Sandwich 3. Yogurt Pretzel Meal Fresh Carrot Sticks & Ranch Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	11 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
14 1. Grilled Chicken Sandwich on WG Bun 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	15 1. Build-Your-Own Nacho Taco Tuesday! 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Black Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	16 1. French Toast Sticks & Turkey Sausage 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Steamed Carrot Coins Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	17 1. Hot Dog on Whole Grain Bun 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Potato Rounds Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	18 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
21 No school	22 1. Turkey Dinner with Roll 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	23  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	24 1. Pasta with Meat Sauce & Dinner Roll 2. Turkey Ham & Cheese Sandwich 3. Yogurt Pretzel Meal Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	25 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
28 1. Hamburger on Whole Grain Bun 2. Egg & Cheese Sandwich 3. Yogurt Pretzel Meal French Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 1. Popcorn Chicken with BBQ Dipper & Roll 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	30  1. Crispy Chicken Sandwich on WG Bun 2. Grilled Cheese Sandwich 3. Yogurt Pretzel Meal Garbanzo Crunchies Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	31 1. Mozzarella Sticks & Marinara Sauce 2. Turkey & Cheese Sandwich 3. Yogurt Pretzel Meal Fresh Carrot Sticks & Mixed Veggies Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1 1. Cheese Pizza 2. WOWbutter & Jelly Sandwich 3. Yogurt Pretzel Meal Romaine Side Salad Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

Menu subject to change without notice



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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