

January 2019

happiness 😊 **guaranteed**

Vernon Public Schools Lunch Menu - Rockville High School

\$3.15 per day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> 	<p>1</p> 	<p>2</p> <p>Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Egg & Cheese Sandwich Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>3</p> <p>Spicy Chick Mac & Cheese w Garlic Bread Turkey & Cheese Wrap Grilled Cheese Sandwich Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>4</p> <p>Pizza Day! Hamburger on Whole Grain Bun Egg & Cheese Sandwich Fresh Baby Carrots Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>7</p> <p>Grilled Chicken & Cheese Sandwich WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich NEW! Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>8</p> <p>Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>9</p> <p>Sweet & Sour Popcorn Chicken w Rice BBQ Beef & Cheddar Sandwich Egg & Cheese Sandwich Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>10</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>11</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>14</p> <p>Chicken Sandwich on Whole Grain Bun WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Steamed Broccoli & Cheese Sauce Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>15</p> <p>Cheeseburger on Whole Grain Bun Hot Dog on Whole Grain Bun Grilled Cheese Sandwich Spiral Cut French Fries & Baked Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>16</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>17</p> <p>Sweet & Sour Popcorn Chicken with Rice Breaded Fish Filet Grilled Cheese Sandwich Celery & Hummus Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>18</p> <p>Pizza Day! Fyunun® Sloppy Joe Egg & Cheese Sandwich Cucumber Moons Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p>21</p> <p>No School</p>	<p>22</p> <p>Spicy Chick Mac & Cheese w Garlic Bread Chicken Tender Wrap Grilled Cheese Sandwich Steamed Broccoli Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>23</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>24</p> <p>Grilled Chicken & Cheese Sandwich Turkey & Cheese Wrap Grilled Cheese Sandwich Sweet Yellow Corn Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>25</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>28</p> <p>Turkey Dinner with Dinner Roll WOWbutter & Jelly with Cheese Stick Egg & Cheese Sandwich Mashed Potatoes & Gravy Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>29</p> <p>Meatball Grinder on Whole Grain Bun Chicken Tender Wrap Grilled Cheese Sandwich Crinkle Cut Sweet Potato Fries Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>30</p> <p>Sweet & Sour Popcorn Chicken w Rice BBQ Beef & Cheddar Sandwich Egg & Cheese Sandwich Green Beans Rainbow Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>31</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>1</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>

This institution is an equal opportunity provider.

mySchoolbucks is now available for online payments for your students lunch account. Log onto <https://www.myschoolbucks.com> to set up an account today!



Fresh Salads Available Daily
Monday: Tex Mex Salad
Tuesday: Chicken Tender Salad
Wednesday: Chicken Caesar Salad
Thursday: Mandarin Chicken Salad
Friday: Manager's Choice Salad



Fresh deli bar available daily!
Did you know?
 If you aren't interested in the main entrees of the day, try the fresh, made-to-order deli bar! Deli bar is available every day in the cafeteria and offers a selection of deli meats and Starkist tuna.

Tuna is a great source of lean protein and healthy fats to keep your heart healthy!



Vernon Public Schools Food & Nutrition Services
 Elizabeth Fisher, MS, RD
 efisher@vernon-ct.gov