

**\$2.90 per day**

**January 2019**

**Vernon Public Schools Lunch Menu - Vernon Center Middle School**

**happiness  guaranteed**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>31</b></p> 	<p><b>1</b></p> 	<p><b>2</b></p> <p>Breaded Chicken Sandwich on WG Bun Grilled Cheese Sandwich Chicken Caesar Salad <b>Potato Rounds</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>3</b></p> <p>Beef Hot Dog on Whole Grain Bun Sunbutter &amp; Jelly Sandwich w Cheese Stick Fresh Garden Salad <b>Baked Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>4</b></p> <p>Cheese Pizza Pepperoni Pizza Quesadilla <b>Romaine Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p><b>7</b></p> <p>Chicken Nuggets &amp; Dinner Roll Egg &amp; Cheese Sandwich Chef Salad <b>Spiral Fries</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>8</b></p> <p>Chicken &amp; Cheese Quesadilla with Salsa Sunbutter &amp; Jelly Sandwich w Cheese Stick Popcorn Chicken Salad <b>Green Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>9</b></p> <p>Cheeseburger on Whole Grain Bun Grilled Cheese Sandwich Chicken Caesar Salad <b>Baked Beans &amp; Potato Rounds</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>10</b></p> <p>Mozzarella Sticks &amp; Marinara Sauce Sunbutter &amp; Jelly Sandwich w Cheese Stick Fresh Garden Salad <b>Steamed Carrot Coins</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>11</b></p> <p>Cheese Pizza Pepperoni Pizza Quesadilla <b>Romaine Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p><b>14</b></p> <p>Grilled Chicken &amp; Cheese Sandwich Egg &amp; Cheese Sandwich Chef Salad <b>NEW! Crinkle Cut Sweet Potato Fries</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>15</b></p> <p>Pasta with Meat Sauce &amp; Dinner Roll Sunbutter &amp; Jelly Sandwich w Cheese Stick Popcorn Chicken Salad <b>Cucumber Moons</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>16</b></p> <p>Sweet &amp; Sour Chicken with Rice Grilled Cheese Sandwich Chicken Caesar Salad <b>Sweet Yellow Corn</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>17</b></p> <p>Nacho Bar Sunbutter &amp; Jelly Sandwich w Cheese Stick Fresh Garden Salad <b>Black Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>18</b></p> <p>Cheese Pizza Pepperoni Pizza Quesadilla <b>Romaine Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p><b>21</b></p> <p>No School</p>	<p><b>22</b></p> <p>Cheeseburger on Whole Grain Bun Sunbutter &amp; Jelly Sandwich w Cheese Stick Popcorn Chicken Salad <b>Steamed Carrot Coins</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>23</b></p> <p>Beef Hot Dog on Whole Grain Bun Grilled Cheese Sandwich Chicken Caesar Salad <b>Baked Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>24</b></p> <p>Turkey Dinner with Dinner Roll Sunbutter &amp; Jelly Sandwich w Cheese Stick Fresh Garden Salad <b>Mashed Potatoes &amp; Gravy</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>25</b></p> <p>Cheese Pizza Pepperoni Pizza Quesadilla <b>Romaine Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>
<p><b>28</b></p> <p>Chicken Nuggets &amp; Dinner Roll Egg &amp; Cheese Sandwich Chef Salad <b>Spiral Fries</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>29</b></p> <p>Chicken &amp; Cheese Quesadilla with Salsa Sunbutter &amp; Jelly Sandwich w Cheese Stick Popcorn Chicken Salad <b>Green Beans</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>30</b></p> <p>Cheeseburger on Whole Grain Bun Grilled Cheese Sandwich Chicken Caesar Salad <b>NEW! Garbanzo Crunchies &amp; Potato Rounds</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>31</b></p> <p>Mozzarella Sticks &amp; Marinara Sauce Sunbutter &amp; Jelly Sandwich w Cheese Stick Fresh Garden Salad <b>Steamed Carrot Coins</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p><b>1</b></p> <p>Cheese Pizza Pepperoni Pizza Quesadilla <b>Romaine Salad</b> <b>Rainbow Fresh Veggie Tray</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</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.

**Fresh deli bar available daily!**

**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