



June 2017 Pre-K NES
Vernon Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1. Turkey Dinner 2. Egg Patty & Ch Sandwich (V) Potato Puffs Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Cheezit 4 oz. 1% milk</i>	2 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Apple, 1%, 4 oz. 1% milk</i>
5 1. Teriyaki Chicken Sandwich WG Bun Steamed Vegetable Yogurt/ Graham and Cheese Sticks(V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: 4 oz Yogurt, 4 oz 100% Fruit Juice</i>	6 1. BBQ Beef Sandwich WG Bun Potato Puffs Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Giant Goldfish Grahams, 4oz 1% milk</i>	7 1. BBQ Chicken & Cheddar Sandwich WG Bun Steamed Vegetable Yogurt/ Graham and Cheese Sticks(V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Orange, 4 oz. 1% milk</i>	8 1. Chic Fajita Wrap 2. Cheese Sandwich(V) Steamed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Cheezit 4 oz. 1% milk</i>	9 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Apple, 1%, 4 oz. 1% milk</i>
12 1. French Toast Sticks w/sausage 2. Toasted Cheese Sand (V) Steamed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: 4 oz Yogurt, 4 oz 100% Fruit Juice</i>	13 1. Chicken Stir Fry/ Brown Rice 2. Mixed Vegetable Stir Fry brown Rice w Cheese Sticks (V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Giant Goldfish Grahams, 4oz 1% milk</i>	14 1. BBQ Cheddar Chicken Wrap 2. Egg & Ch Sandwich Steamed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Orange, 4 oz. 1% milk</i>	15 1. Turkey & Cheese Sandwich Steamed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices <i>S: Cheezit 4 oz. 1% milk</i>	16 1. Cheese Pizza Chefs Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices Early Dismissal <i>S: Apple, 1%, 4 oz. 1% milk</i>
19	20	21	22	23
26	27	28	29 	30 

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Lunch Prices
RHS
\$3.00 per day
\$61.95 for the month (21 Days)
VCMS
\$2.75 per day
\$57.75 for the month (21 Days)
Elementary
\$2.50 per day
\$52.50 for the month (21 Days)

Regular, Strawberry and Chocolate milk are available with all meals
Menu subject to change

Items marks with (V) are the vegetarian selections for the day
Bring a lunch from home and milk is available for just 45 cents

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