

**June 2017 -RHS**  
**Vernon Schools Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 1. BBQ Chicken WG Sub 2. Hot Dog on WW Bun 3. Egg & Cheese Sandwich (V) Veggie Beans, Potato Wedges <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>2</b> 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V)  Romaine Salad with Mini Tomatoes <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>5</b> 1. Teriyaki Chicken Bowl 2. Bowl w/ Brown Rice & Teriyaki Mixed Veg (V) 3. Ceasar Salad w/ Cheese  <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>6</b> 1. BBQ Chicken & Cheddar Sandwich (WG Bun) 3. Egg & Cheese Sandwich (V) Broccoli Potato Wedges <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>7</b> 1. Soft Taco w/Chicken & Cheese 2. Meatball Sandwich 3. Crispy Chicken Salad w/ Tortilla <b>Steamed Vegetable</b> <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>8</b> 1. Sloppy Joes WG Roll 2. BBQ Rib Sandwich w pasta salad 3. Ceasar Salad w/ Cheese & WG Roll <b>Steamed Vegetable</b> <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>9</b> 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V)  Chefs Vegetable <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>12</b> Deli Bar Grab and Go  EXAMS	<b>13</b> Deli Bar Grab and Go  EXAMS	<b>14</b> Deli Bar Grab and Go  EXAMS	<b>15</b> Deli Bar Grab and Go  EXAMS	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
				
<b>26</b>		<b>28</b>	<b>29</b> 	<b>30</b> 

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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 your own lunch and milk just 45 cents**

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