




**June 2017 VCMS  
Vernon Schools Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 1. Chicken & Cheese Quesadilla 2. Toasted Cheese Sandwich (V)  Steamed Vegetable <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. Sweet and Sour Chicken/brown rice 2. Garden Salad with Cheese Stick (V) 3. Breaded Fish Filet with brown rice Steamed Vegetable <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>6</b> 1.. BBQ Beef Sandwich WW Bun 2. Grilled Chicken Sandwich on WW Bun  Steamed Vegetable <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit	<b>7</b> 1. Breaded Chicken Sandwich 2. Salad w/ Cheese Stick (V) 3. Egg & Cheese Sandwich Mixed Vegetable <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>8</b> 1. Hot Dog on WW Roll 2. Grilled Chicken Caesar Salad w/ Tortilla  Vegetarian Baked Beans <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) Romaine Salad with Mini Tomatoes <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
<b>12</b> 1. Mozzarella Sticks w/Sauce and WW Pasta (V) 2. Egg & Cheese Sandwich 3. Turkey Wrap w/ Lettuce Steamed Vegetable <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>13</b> 1. Spicy Chicken Nachos & Cheese 2. Toasted Cheese Sandwich 3. Salad w/ Cheese Stick & Roll(V) Rice <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>14</b> 1. BBQ Cheddar Chicken Grinder 2. Grilled Chicken Caesar Salad w/ Tortilla  Potato Wedges <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>15</b> 1. Chicken & Cheese Quesadilla 2. Toasted Cheese Sandwich (V)  Steamed Vegetable <b>Fresh Veggie Tray / Deli Bar</b> Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>16</b>  Breakfast Only- No Lunch Served
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</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 meal and milk just 45 cents**

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