



March 2017 K-5
Vernon Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1. BBQ Chick & Cheddar Sandwich 2. Egg & Cheese Sandwich (V) Steamed Broccoli Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	2 1. Cheeseburger on WW Roll/Lettuce & Tomato 2. Turkey & Cheese on WGR Wrap 3. Cheese Wrap (V) Potato Puffs Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	3 1. Cheese Pizza 2. Veggie Pizza (V) 3.. Tuna on Wheat Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
6 1. Grilled Chicken Sandwich 2. Egg Patty & Cheese Sandwich (V) Steamed green beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 1. Toasted Cheese Sandwich (V) 2. Turkey & Cheese on Wheat Steamed Broccoli Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 1. Sloppy Joes on WG Roll 2. Toasted Cheese Sandwich Potato Wedges Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	9 1. Chicken Fajita Wrap 2. Egg Patty & Cheese Sandwich (V) Steamed Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	10 1. Cheese Pizza 2. Veggie Pizza (V) 3.. Tuna on Wheat Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
13 1. Hot Dog on WW Bun 2. Turkey & Cheese on WGR Wrap Steamed Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 1. Crispy Chicken Wrap 2. Garden Salad w/ WW Tortilla & Cheese Stick (V) Tater Tots Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	15 1. Sweet Sesame Chicken Stir-fry/Brown Rice 2. Veggie Stir Fry / Brown Rice (V) Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	16 1. Potato Crunch fish filet 2. Turkey & Cheese on WGR Wrap 3. Sunbutter & Jelly Sandwich/Cheese Stick (V) Mixed Vegetable Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	17 1. Cheese Pizza 2. Veggie Pizza (V) 3.. Tuna on Wheat Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
20 1. Chicken Fajita Wrap 2. Egg Patty & Cheese Sandwich (V) Steamed Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 1. Crispy Chicken Sandwich 2. Toasted Cheese Sandwich Steamed green beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 1. WGR Penne (V) with Meatballs & Sauce 2. Ham & Cheese on Wheat Steamed Broccoli Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	23 1. French Toast Sticks w/ Sausage 2. Turkey & Cheese on WGR Wrap Potato Wedges Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	24 1. Cheese Pizza 2. Veggie Pizza (V) 3.. Tuna on Wheat Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices Early Dismissal
27 1. Mozzarella Stick w/sauce (V) 2. Turkey & Cheese on WGR Wrap Steamed green beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	28 1. BBQ Beef Sandwich on WG Bun 2. Fruit Yogurt/Graham Cracker (V) Potato Puffs Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 1. Toasted Cheese Sandwich (V) 2. Ham & Cheese on Wheat Steamed Broccoli Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	30 1. Cheeseburger on WW Roll/Lettuce & Tomato 2. Turkey & Cheese on WGR Wrap 3. Cheese Wrap (V) Potato Puffs Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	31 1. Cheese Pizza 2. Veggie Pizza (V) 3.. Tuna on Wheat Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

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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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