

**March 2017 Pre-K**  
**Vernon Schools Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 1. BBQ Chic & Cheddar Sand on WG Roll 2. Egg & Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>2</b> 1. Cheeseburger 2. Cheese on WG Wrap Potato Puffs Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	<b>3</b> 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
		S: Cheddar Goldfish Whole Grain, 4 oz. 1% milk	S: Vanilla DinoBytes 4 oz. 1% milk	S: Giant Goldfish Grahams, 4oz 1% milk
<b>6</b> 1. Grilled Chicken Sandwich WG Bun Steamed green beans Yogurt/ Graham and Cheese Sticks(V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz. 1% milk	<b>7</b> 1. Toasted Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	<b>8</b> 1. Toasted Cheese Sand Potato Wedges 2. Cheddar and Tomato Sand on WG Bun(V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheese It Whole Grain, 4 oz. 1% milk	<b>9</b> 1. Chic Fajita Wrap 2. Egg and Cheese Sandwich(V) Steamed Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	<b>10</b> 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 1%, 4 oz. 1% milk
<b>13</b> 1. Turkey and Cheese Wrap 2. Toasted Cheese Sand (V) Steamed Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 1%, 4 oz. 1% milk	<b>14</b> 1. Crispy Chicken Wrap WG Wrap 2. Garden Salad w/Tortilla and Cheese sticks (V) Tater tots Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	<b>15</b> 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 S: 4 oz Yogurt, 4 oz 100% Fruit Juice	<b>16</b> 1. Turkey Cheese WG Wrap 2. Cheese on WG Wrap (V) Mixed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cracker Chip Special K, 4 oz. 1% milk	<b>17</b> 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz. 1% milk
<b>20</b> 1. Chic Fajita Wrap 2. Egg and Cheese Sandwich(V) Steamed Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	<b>21</b> 1. Crispy Chic Sand on WG Roll 2. Toasted Cheese on WG bread Steamed Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 1%, 4 oz. 1% milk	<b>22</b> 1. Ham And Cheese on WG 2. Cheese Sandwich on WG(V) Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	<b>23</b> French Toast Sticks w/cheese sticks Potato Wedges Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 1%, 4 oz. 1% milk	<b>24</b> 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk
<b>27</b> 1. Turkey and Cheese on WG wrap 2 Cheese on WG wrap (V) Steamed green beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	<b>28</b> 1. BBQ Beef WG Bun 2. Yogurt/Grahams & Cheese Sticks(V) Mixed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheddar Goldfish Whole Grain, 4 oz. 1% milk	<b>29</b> 1. Toasted Cheese Sand Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	<b>30</b> 1. Cheeseburger 2 Cheese on WG wrap (V) Potato Puffs Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cracker Chip Special K, 4 oz. 1% milk	<b>31</b> 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk

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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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