

March 2017 -RHS
Vernon Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1. Mozzarella Sticks w/Sauce & WG Pasta (V) 2. Chief Sald w/Tortilla 3. Turkey Wrap w/ Lettuce Green Broccoli Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	2 1. Cheese Burger on WW Roll 2. Garden Salad w/ Cheese Stick/ Roll 3. Egg & Cheese Sandwich (V) Potato Puffs Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	3 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V) Romaine Salad with Mini Tomatoes Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
6 1. Popcorn Chicken Bowl 2. Bowl w/ Mash Potato, Corn, & Gravy (V) 3. Ceasar Salad w/ Cheese Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 1. BBQ Beef & Cheddar Sandwich (WG Bun) 2. Grilled Chicken Caesar Salad w/ Tortilla Broccoli Potato Wedges Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	8 1. Grilled Chicken Ceasar Wrap 2. Fish & Chips 3. Chief Salad w/ Tortilla (V) Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	9 1. Breaded Chicken Sandwich 2. Salad w/ Cheese Stick (V) 3. Egg & Cheese Sandwich Broccoli Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	10 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V) Romaine Salad with Mini Tomatoes Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
13 1. Mozzarella Sticks w/Sauce and WW Pasta (V) 2. Chief Sald w/Tortilla 3. Turkey Wrap w/ Lettuce Green Beans Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 1. Sweet and Sour Popcorn Chicken/brown rice 2. Garden Salad with Cheese Stick (V) 3. Breaded Fish Filet with brown rice Mixed Vegetable Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	15 1. Buffalo Chicken or Chicken Tender Sandwich 2. Toasted Cheese (V) 3. Garden Salad w/ Cheese Stick Corn Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	16 1. Cheese Burger on WW Roll 2. Hot Dog on WW Bun 3. Egg & Cheese Sandwich (V) Veggie Beans, Potato Wedges Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	17 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V) Romaine Salad with Mini Tomatoes Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
20 1. Sloppy Joes on WW Roll 2. Hot Dog on WW Bun 3. Egg & Cheese Sandwich (V) Veggie Beans, Potato Wedges Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 1. Macaroni and Cheese 2. Egg & Cheese Sandwich 3. Ceasar Salad w/ Cheese & WG Roll Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 1. Breaded Chicken Sandwich 2. Salad w/ Cheese Stick (V) 3. Fish & Chips Potato Wedges Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	23 1. Grilled Chicken Ceasar Wrap 2. Breaded Fish and Cheese Sandwich 3. Chief Salad w/ Tortilla (V) Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	24 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V) Romaine Salad with Mini Tomatoes Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices Early Dismissal
27 1. Grilled Chicken Sandwich w/ Lettuce 2. Salad w/ Cheese Stick (V) 3. Egg & Cheese Sandwich Potato Puffs Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	28 1. Soft Taco w/Beef & Cheese 2. Toasted Cheese Sandwich (V) 3. Crispy Chicken Salad w/ Tortilla Refried Beans Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 1. Sweet and Sour Popcorn Chicken/brown rice 2. Garden Salad with Cheese Stick (V) 3. Breaded Fish Filet with brown rice Mixed Vegetable Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	30 1. Soft Taco w/Chicken & Cheese 2. Egg & Cheese Sandwich (V) 3. Crispy Chicken Salad w/ Tortilla Refried Beans Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	31 1. Cheese Pizza or Quesadilla 2. Veggie Pizza (V) Romaine Salad with Mini Tomatoes Fresh Veggie Tray / Deli Bar 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 your own lunch and milk just 45 cents

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