

May 2017 K-5
Vernon Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
1. Crispy Chicken Sandwich 2. Toasted Cheese Sandwich Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1. Mozzarella Stick w/sauce (V) 2. Turkey & Cheese on WGR Wrap Green Beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	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	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	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
8	9	10	11	12
1. Teriyaki Chicken Sandwich 2. Egg Patty & Cheese Sandwich (V) Steamed green beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	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	1. Sloppy Joes on WG Roll 2. Fruit Yogurt/Graham Cracker / Cheese stick(V) Potato Wedges Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1. Chicken Fajita Wrap 2. Turkey Ham & Cheese Sandwich Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	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
15	16	17	18	19
1. Cheese Burger WG Roll 2. Turkey & Cheese on WGR Wrap 3. Cheese Wrap WG Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	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	1. BBQ Cheddar 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	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	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
22	23	24	25	26
1. Chicken Fajita Wrap 2. Egg Patty & Cheese Sandwich (V) Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1. Crispy Chicken Sandwich 2. Toasted Cheese Sandwich Green Beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	1. WGR Penne (V) with Meat Sauce 2. Turkey Ham & Cheese on Wheat Steamed Broccoli Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	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	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
29	30	31		
	1. BBQ Beef Sandwich on WG Bun 2. Fruit Yogurt/Pretzel / Cheese stick(V) Potato Puffs Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	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		

mySchoolbucks is now available for online payments for your students lunch account. Log onto <https://www.myschoolbucks.com> to set up an account



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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