


May 2017-Supper
Vernon Schools After School Supper/Snack Menu MSS

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Hot Dogs Baked Vegetarian Beans Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> WG Chocolate Chip Muffin 2oz 1% or Skim Milk Choices 1 cup	3 Chicken Tenders 3 ea Potato Wedges 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> WG Banana Muffin 2oz 1% or Skim Milk 8oz	4 Pasta with Meatballs 3/4 cup Steamed Broccoli 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> Giant Goldfish Grahams 4oz 1% or Skim Milk 8oz	
	9 Chicken Tenders 3 ea Potato Wedges 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> WG Banana Muffin 2oz 1% or Skim Milk 8oz	10 BBQ Chic Cheddar Sand 1 ea Steamed Broccoli 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> Giant Goldfish Grahams 4oz 1% or Skim Milk 8oz	11 Toasted Cheese Sandwich 1 ea Steamed Vegetable 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> Cookie Sunrise Bites 1oz 1% or Skim Milk 8oz	
	16 Cheeseburger on WG Bun Steamed Vegetable 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk 8oz <i>SNACK</i> Apple, Carrot sticks, WG Goldfish Graham 1% or Skim Milk 8oz	17 Toasted Cheese Sandwich 1 ea Green Beans 1/4 cup Sherbet 1/4 cup 1% or Skim Milk 8oz <i>SNACK</i> Cheezit Whole Grain, 4 oz. 1% or Skim Milk 8oz	18 Stuffed Crust Cheese Pizza 1 ea Romaine Salad 1/2 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk 8oz <i>SNACK</i> 1oz Cheese Stick 1% or Skim Milk 8oz	
	23 Chicken Tenders 3 ea Potato Wedges 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> WG Banana Muffin 2oz 1% or Skim Milk 8oz	24 Pasta with Meatballs 3/4 cup Steamed Broccoli 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> Giant Goldfish Grahams 4oz 1% or Skim Milk 8oz	25 Toasted Cheese Sandwich 1 ea Steamed Vegetable 1/4 cup Fruit Cup or Fresh Fruit 1/2 cup 1% or Skim Milk Choices 1 cup <i>SNACK</i> Cookie Sunrise Bites 1oz 1% or Skim Milk 8oz	

Paul C. Olson
Director