



**March 2017 K-5**  
**Vernon Schools Lunch Menu**

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