

**March 2017 VCMS
Vernon Schools Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1. Mozzarella Sticks w/Sauce and WW Pasta (V) 2. Chef Sald w/Tortilla 3. Turkey Wrap w/ Lettuce Broccoli Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	2 1. BBQ Chick & Cheddar Sand WG Roll 2. Egg & Cheese Sandwich 3. Chef Salad w/ Tortilla (V) Potato Wedges 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. Sweet and Sour Popcorn Chicken/brown rice 2. Garden Salad with Cheese Stick (V) 3. Breaded Fish Filet with brown rice Steamed Corn Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	7 1.. BBQ Beef Sandwich WW Bun 2. Grilled Chicken Sandwich on WW Bun Green Beans Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit	8 1. Breaded Chicken Sandwich 2. Salad w/ Cheese Stick (V) 3. Egg & Cheese Sandwich Mixed Vegetable Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	9 1. Hot Dog on WW Roll 2. Grilled Chicken Caesar Salad w/ Tortilla Vegetarian Baked Beans 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. Chef Sald w/Tortilla 3. Turkey Wrap w/ Lettuce Broccoli Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	14 1. Soft Taco w/Beef & Cheese 2. Toasted Cheese Sandwich 3. Salad w/ Cheese Stick & Roll(V) Rice Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	15 1. BBQ Cheddar Chicken Grinder 2. Grilled Chicken Caesar Salad w/ Tortilla Potato Wedges Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	16 1. Chicken Nuggets 2. Bowl w/ Mash Potato, Corn, & Gravy (V) 3. Ceasar Salad w/ Cheese Corn 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. Chicken & Cheese Quesadilla 2. Toasted Cheese Sandwich (V) Rice Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	21 1. Sweet and Sour Popcorn Chicken/brown rice 2. Garden Salad with Cheese Stick (V) 3. Breaded Fish Filet with brown rice Steamed Corn Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	22 1. Soft Taco w/Chicken & Cheese 2. Toasted Cheese Sandwich (V) 3. Crispy Chicken Salad w/ Tortilla Steamed Green Beans Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	23 1. Spicy Chicken Wrap Lett/Tomato 2. Salad w/ Cheese Stick & Roll(V) 3. Egg & Cheese Sandwich Potato Wedges 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
27 1. Cheeseburger on WW Roll 2. Egg & Cheese Sandwich (V) Broccoli Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	28 1. BBQ Cheddar Chicken Sandwich w/ Lettuce 2. Salad w/ Cheese Stick & Roll(V) 3. Chef Salad w/ Tortilla (V) Potato Puffs Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	29 1. Hot Dog(Beef) on WW Roll 2. Grilled Chicken Caesar Salad w/ Tortilla Vegetarian Baked Beans Fresh Veggie Tray / Deli Bar Fruit Cup or Fresh Fruit 1% or Skim Milk Choices	30 1. Breaded Chicken Sandwich 2. Salad w/ Cheese Stick 7 Roll(V) 3. Egg & Cheese Sandwich Mixed Vegetable 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 meal and milk just 45 cents

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