




May 2017 Pre-K
Vernon Schools Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 1. Crispy Chicken Wrap WG Wrap 2. Toasted Cheese Sandwich Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	2 1. Turkey and Cheese on WG wrap 2. Cheese on WG wrap (V) Steamed green beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	3 1. BBQ Chic & Cheddar Sand on WG Roll 2. Egg & Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz 1% milk	4 1. Cheeseburger 2. Cheese on WG Wrap Potato Puffs Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheezit 4 oz. 1% milk	5 1. Cheese Pizza Romaine Salad with Mini Tomatoes
8 1. Teriyaki Chicken Sandwich WG Bun Steamed Green beans Yogurt/ Graham and Cheese Sticks(V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	9 1. Toasted Cheese Sandwich Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	10 1. Sloppy Joe WG Bun Potato Wedges Yogurt/ Graham and Cheese Sticks(V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz 1% milk	11 1. Chic Fajita Wrap 2. Turkey Ham and Cheese Sandwich(V) Steamed Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheezit 4 oz. 1% milk	12 1. Cheese Pizza Romaine Salad with Mini Tomatoes
15 1. Cheeseburger WG Roll 2. Toasted Cheese Sand (V) Steamed Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	16 1. Chicken Stir Fry/ Brown Rice Mixed Vegetable Stir Fry brown Rice w Cheese Sticks (V) Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	17 BBQ Cheddar Chicken Wrap 2. Garden Salad w/Tortilla and Cheese sticks (V) Tater tots Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz. 1% milk	18 1. Turkey Cheese WG Wrap 2. Cheese on WG Wrap (V) Mixed Vegetable Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheezit 4 oz. 1% milk	19 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Apple, 1%, 4 oz 1% milk
22 1. Chic Fajita Wrap 2. Egg and Cheese Sandwich(V) Steamed Corn Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: 4 oz Yogurt, 4 oz 100% Fruit Juice	23 1. Crispy Chic Sand on WG Roll 2. Toasted Cheese on w/ bread Steamed Green Beans Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	24 1. WG Pasta w/ Meat Sauce and Roll 2. Cheese Sandwich on WG(V) Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz. 1% milk	25 French Toast Sticks w/cheese sticks Potato Wedges Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Cheezit 4 oz. 1% milk	26 1. Cheese Pizza Romaine Salad with Mini Tomatoes Fruit Cup or Fresh Fruit 1% or Skim Milk Choices Early Dismissal S: Apple, 1%, 4 oz 1% milk
29 	30 1. BBQ Beef WG Bun 2. Yogurt/Grahams & Cheese Sticks(V) Potato Puffs Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Giant Goldfish Grahams, 4oz 1% milk	31 1. Toasted Cheese Sand Steamed Broccoli Fruit Cup or Fresh Fruit 1% or Skim Milk Choices S: Orange, 4 oz. 1% milk		

Lunch Prices

Regular, Strawberry and Chocolate milk
 are available with all meals
Menu subject to change
 \$3.00 per day
 \$61.95 for the month (21 Days)
 VCMIS
 \$2.75 per day
 \$57.75 for the month (21 Days)
 Elementary
 \$2.50 per day
 \$52.50 for the month (21 Days)

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



Items marked with (V) are the vegetarian selections
 for the day
 Bringing a lunch from home and milk is available for just 45 cents

Marisol Rojas-Leon
 Administrative Assistant
marisol-leon@vernon-ct.gov

Vernon Public Schools
 30 Park Street
 PO Box 600
 Vernon, CT 06066
 860-870-6000 Press • 5



May 2017 K-5
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<p>1</p> <p>1. Crispy Chicken Sandwich 2. Toasted Cheese Sandwich Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>2</p> <p>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</p>	<p>3</p> <p>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</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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</p>
<p>8</p> <p>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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>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</p>	<p>11</p> <p>1. Chicken Fajita Wrap 2. Turkey Ham & Cheese Sandwich Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>12</p> <p>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</p>
<p>15</p> <p>1. Cheese Burger WIG Roll 2. Turkey & Cheese on WGR Wrap 3. Cheese Wrap WIG Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>16</p> <p>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</p>	<p>17</p> <p>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</p>	<p>18</p> <p>1. Potato Crunch fish fillet 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</p>	<p>19</p> <p>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</p>
<p>22</p> <p>1. Chicken Fajita Wrap 2. Egg Patty & Cheese Sandwich (V) Corn Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>23</p> <p>1. Crispy Chicken Sandwich 2. Toasted Cheese Sandwich Green Beans Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>24</p> <p>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</p>	<p>25</p> <p>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</p>	<p>26</p> <p>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</p>
<p>29</p>	<p>30</p> <p>1. BBQ Beef Sandwich on WIG Bun 2. Fruit Yogurt/Pretzel / Cheese stick(V) Potato Puffs Fresh Veggie Tray Fruit Cup or Fresh Fruit 1% or Skim Milk Choices</p>	<p>31</p> <p>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</p>	<p>4</p>	<p>5</p>



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Lunch Prices
RHS \$3.00 per day
BHS \$61.95 for the month (21 Days)
VCMS \$2.75 per day
Elementary \$57.75 for the month (21 Days)
Elementary \$2.50 per day
Elementary \$52.50 for the month (21 Days)

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 Administrative Assistant
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