



# February 2012

## Vernon School Lunch Menu-VCMS

## American Heart Month



Monday	Tuesday	Wednesday	Thursday	Friday
	The new 2010 Dietary Guidelines want you to increase fruits & veggies in your diet, See the back of the menu for tips to increase veggies in your diet.	Sloppy Joe on Wheat Roll Baked Oven Fries Carrots Sherbet Low Fat Milk	<b>Groundhog Day</b> Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk 	Foot Long Hot Dog on Roll Potato Puffs Green Beans Fruit Low Fat Milk
Cheeseburger on Wheat Roll w/ Lettuce, Tomato Spicy Potato Curls Mixed Vegetables Fruit Low Fat Milk	Crispy Chicken Caesar Wrap w/ Lettuce Red. Fat Chips Carrot Sticks Shape Up Bar Low Fat Milk	French Toast Sticks Sausage Links Fruit Juice Fruit Low Fat Milk	Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk	Ham, Egg & Cheese Sandwich Hash Brown Potatoes Corn Fruit Low Fat Milk
Chicken Patty on Wheat Roll (Reg or Spicy) Sweet Potato Bites Peas Fruit Low Fat Milk	<b>Valentine's Day</b> Cheese Ravioli w/ Sauce Whole Wheat Dinner Roll Mixed Vegetables Sherbet Low Fat Milk 	Deli Bar 	Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk	<b>Professional Development Day</b> <b>No School</b> 
<b>President's Day</b> <b>No School</b> 	Chicken Nuggets Mashed Potatoes Green Beans Shape Up Bar Low Fat Milk 	Cheese Quesadilla Spanish Rice Corn Fruit Low Fat Milk	Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk	Toasted Cheese Sandwich Tomato Soup Red. Fat Chips Fruit Low Fat Milk
Mozzarella Sticks Noodles w/ Sauce Broccoli Fruit Low Fat Milk	Mashed Potato Bowl (Popcorn Chicken, Mashed Potatoes, Corn w/ Gravy) fruit Low Fat Milk	Meatball Grinder Oven Baked Potato Fries Mixed Vegetables Sherbet Low Fat Milk		Fuel Up to Play 60 Have you signed up to do your tracker on-line? Remember to look for the color-coded footballs in the serving line to help you make healthy choices.

Daily Meal Options- Nacho Lunch, Vegetarian Lunch, Protein Salad Lunch, Deli Sandwich Lunch \*All are complete meals\* Menus subject to change\* No Charge Policy in Cafeteria



\*Alternate lunch available daily-Cheeseburger-M,W,F Hotdog-Tu,Thur\* Price: \$2.50/day \$47.50/month (Feb- 19 days)

