



March 2010

Vernon School Lunch Menu-Elem.

March is National Nutrition Month!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Nuggets Mashed Potatoes Broccoli Fruit Low Fat Milk or Ham, Egg & Cheese Sandwich</p>	<p>2</p> <p>Cheese Ravioli w/ Sauce Whole Wheat Bread Stick Mixed Vegetable Fruit Low Fat Milk or Hot Pocket</p>	<p>3</p> <p>Turkey Wrap w/ Lettuce Red. Fat Chips Carrot Sticks Sherbet Low Fat Milk or Yogurt w/ Pretzel</p>	<p>4</p> <p>Hot Dog on Wheat Roll Spicy Fries Peas Fruit Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>5</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>8</p> <p>Mozzarella Sticks Noodles w/ Sauce Green Beans Fruit Low Fat Milk or Meatball Grinder</p>	<p>9</p> <p>Popcorn Chicken Oven Fries Carrots Fruit Low Fat Milk or Fun Fish</p>	<p>10</p> <p>Sloppy Joe on Wheat Roll Potato Puffs Corn Shape Up Bar Low Fat Milk or Chicken Styx</p>	<p>11</p> <p>Cheese Quesadilla w/ Salsa Broccoli Fruit Low Fat Milk or Pizza Dippers w/ Sauce</p>	<p>12</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>15</p> <p>Chicken Patty on Wheat Roll Oven Fries Peas Fruit Low Fat Milk or Tuna Boat</p>	<p>16</p> <p>Ham, Egg & Cheese Sandwich Potato Puffs Mixed Vegetable Fruit Low Fat Milk or Chicken Nuggets</p>	<p>St. Patrick's Day 17</p> <p>Crispy Chicken Wrap w/ Lettuce & Ranch Carrot Sticks Shamrock Sherbet Low Fat Milk or French Bread Pizza</p>	<p>18</p> <p>Meatball Grinder Spicy Fries Corn Fruit Low Fat Milk or Hot Dog on Wheat Roll</p>	<p>19</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>22</p> <p>Cheeseburger on Wheat Roll Potato Puffs Carrots Fruit Low Fat Milk or BBQ Beef on Wheat Roll</p>	<p>23</p> <p>Chicken Styx Oven Fries Green Beans Fruit Low Fat Milk or Fish-n-Cheese on Wheat Roll</p>	<p>24</p> <p>Soft Taco w/ Beef, Cheese, Lettuce Corn/Spanish Rice Fruit Low Fat Milk or Turkey Wrap w/ Lettuce</p>	<p>25</p> <p>BBQ Beef on Wheat Roll Spicy Fries Mixed Vegetable Shape Up Bar Low Fat Milk or Chicken Patty on Wheat Roll</p>	<p>26</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>29</p> <p>Sweet-n-Sour Popcorn Chicken Rice Oriental Mixed Vegetable Fruit Low Fat Milk or Toasted Cheese Sandwich</p>	<p>30</p> <p>Meatballs in Brown Gravy Noodles Peas Fruit Low Fat Milk or Mozzarella Sticks</p>	<p>31</p> <p>French Toast Sticks Sausage Fruit Juice Fruit Low Fat Milk or Waffles</p>	<p>School Breakfast ready SET GO! School Breakfast - Ready, Set, Go! National School Breakfast Week March 8-12, 2010</p>	

Skim, Low Fat, and flavored LF Milk served with all meals Menus Subject to Change Vegetarian Meals Offered Price: \$2.00/day \$46.00/month (March- 23 days)

Yogurt & Muffin or Cheese Sticks & Muffin Lunch available daily No Charge Policy in cafeteria