



March 2010

Vernon School Lunch Menu-VCMS

March is National Nutrition Month!

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Nuggets Mashed Potatoes Broccoli Fruit Low Fat Milk</p>	<p>2</p> <p>Cheeseburger on Wheat Roll Oven Fries Green Beans Sherbet Low Fat Milk</p>	<p>3</p> <p>Buffalo Chicken Wrap w/ Lettuce & Ranch Red. Fat Chips Veggie Sticks Fruit Low Fat Milk</p>	<p>4</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk</p>	<p>5</p> <p>Cheese Quesadilla w/ Salsa Rice Mixed Vegetables Fruit Low Fat Milk</p>
<p>8</p> <p>Pasta w/ Meatballs Whole Wheat Bread Stick Peas Fruit Low Fat Milk</p>	<p>9</p> <p>Chicken Styx Mashed Potatoes Carrots Shape Up Bar Low Fat Milk</p>	<p>10</p> <p>Soft Taco w/ Beef, Cheese, Lettuce, Salsa Spanish Rice Corn Fruit Low Fat Milk</p>	<p>11</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk</p>	<p>12</p> <p>Mozzarella Sticks Noodles w/ Sauce Green Beans Fruit Low Fat Milk</p>
<p>15</p> <p>Chicken Patty on Wheat Roll (regular or spicy) Oven Fries Broccoli Fruit Low Fat Milk</p>	<p>16</p> <p>Bacon, Egg & Cheese Sandwich Hash Brown Potatoes Fruit Juice Fruit Low Fat Milk</p>	<p>17</p> <p>St. Patrick's Day</p> <p>Deli Bar</p> 	<p>18</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk</p>	<p>19</p> <p>Toasted Cheese Sandwich Tomato Soup Red. Fat Chips Fruit Low Fat Milk</p>
<p>22</p> <p>Foot Long Hot Dog w/ or without Chili Spicy Fries Carrots Shape Up Bar Low Fat Milk</p>	<p>23</p> <p>Popcorn Chicken Rice Mixed Vegetables Fruit Low Fat Milk</p>	<p>24</p> <p>Sloppy Joe on Wheat Roll Oven Fries Corn Fruit Low Fat Milk</p>	<p>25</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk</p>	<p>26</p> <p>French Toast Sticks Sausage or Cheese Sticks Fruit Juice Fruit Low Fat Milk</p>
<p>29</p> <p>Mozzarella Sticks Noodles w/ Sauce Green Beans Fruit Low Fat Milk</p>	<p>30</p> <p>Meatball Grinder Red. Fat Chips Peas Fruit Low Fat Milk</p>	<p>31</p> <p>Turkey Wrap w/ Lettuce Oven Fries Carrot Sticks Sherbet Low Fat Milk</p>	<p>March 8-12 is National School Breakfast Week. The cafeteria now offers breakfast every morning! Stop by and see what they have to offer. It's important to start your day off right with breakfast!</p>	

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: \$2.25/day \$51.75/month (March- 23 days)

