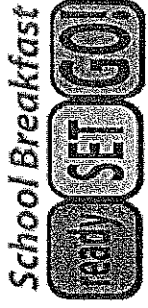




March 2010

Vernon School Lunch Menu-Elem.

March is National Nutrition Month!

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

School Breakfast - Ready, Set, Go!
National School Breakfast Week
March 8-12, 2010

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