



# February 2012

## Vernon School Lunch Menu-Elem.

## American Heart Month



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|        |         | 1         | 2        | 3      |
|        |         | 8         | 9        | 10     |
|        | 7       | 15        | 16       | 17     |
| 6      | 14      | 22        | 23       | 24     |
| 13     | 21      | 29        |          |        |
| 20     | 28      |           |          |        |
| 27     |         |           |          |        |

|   |  |   |   |   |
|---|--|---|---|---|
| Cheeseburger on Wheat Roll<br>Oven Potato Wedges<br>Peas<br>Fruit<br>Low Fat Milk<br>or       | Crispy Chicken Wrap w/<br>Lettuce, Ranch<br>Broccoli/Carrot Sticks<br>Fruit<br>Low Fat Milk<br>or<br>Pizza Dippers                   | Popcorn Chicken<br>Brown Rice<br>Oriental Mix Vegetable<br>Fruit<br>Low Fat Milk<br>or<br>Toasted Cheese Sandwich                       | Bacon, Egg and Cheese Sandwich<br>Potato Puffs<br>Mixed Vegetable<br>Sherbet<br>Low Fat Milk<br>or<br>Chicken Nuggets | Cheese Pizza (Rect.)<br>Garden Salad w/ Spinach<br>Lite Dressing<br>Fruit<br>Low Fat Milk<br>or<br>Manager's Choice                                     |
| Fish-n-Cheese Sandwich  |  | Meatball Grinder<br>Potato Curls<br>Green Beans<br>Shape Up Bar<br>Low Fat Milk<br>or   | Soft Taco w/ Beef, Cheese,<br>Lettuce, Salsa<br>Spanish Rice/Corn<br>Fruit<br>Low Fat Milk<br>or<br>Yogurt w/ Pretzel | Cheese Pizza (Round)<br>Garden Salad w/ Spinach<br>Lite Dressing<br>Fruit<br>Low Fat Milk<br>or<br>Manager's Choice                                     |
| Mozzarella Sticks<br>Noodles w/ Sauce<br>Broccoli<br>Fruit<br>Low Fat Milk<br>or              | Valentine's Day<br>Chicken Patty on Wheat Roll<br>Sweet Potato Bites<br>Peas<br>Fruit<br>Low Fat Milk<br>or<br>Hot Dog on Wheat Roll | Chicken Patty on Wheat Roll<br>Sloppy Joe on Wheat Roll<br>Oven Baked Fries<br>Corn<br>Sherbet<br>Low Fat Milk<br>or<br>Chicken Tenders | Cheese Pizza (Rect.)<br>Garden Salad w/ Spinach<br>Lite Dressing<br>Fruit<br>Low Fat Milk<br>or<br>Manager's Choice   | Professional Development Day<br>No School<br>   |
| BBQ Beef on Wheat Roll  | Mardi Gras<br>Chicken Nuggets<br>Mashed Potatoes<br>Carrots<br>Fruit<br>Low Fat Milk<br>or<br>Pizza Dippers                          | Meatballs in Brown Gravy<br>Noodles<br>Mixed Vegetables<br>Shape Up Bar<br>Low Fat Milk<br>or<br>Fun Fish                               | Toasted Cheese Sandwich<br>Tomato Soup<br>Green Beans<br>Fruit<br>Low Fat Milk<br>or<br>Hot Dog on Wheat Roll         | Cheese Pizza (Round)<br>Garden Salad w/ Spinach<br>Lite Dressing<br>Fruit<br>Low Fat Milk<br>or<br>Manager's Choice                                     |
| President's Day<br>No School<br>  |  | Hot Dog on Wheat Roll<br>Potato Curls<br>Peas<br>Fruit<br>Low Fat Milk<br>or<br>Cheeseburger on Wheat Roll                              |   |   |
| French Toast Sticks<br>Sausage Links<br>Fruit Juice<br>Fruit<br>Low Fat Milk<br>or<br>Waffles | Cheese Quesadilla w/ Salsa<br>Carrot Sticks<br>Corn<br>Fruit<br>Low Fat Milk<br>or<br>French Bread Pizza                             |   |   | 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. |

Skim, Low Fat, and flavored LF Milk served with all meals\*\*Menus Subject to Change\*\*Vegetarian Meals Offered\*\*Price: \$2.25/day \$42.75/month (Feb- 19 days)  
Yogurt & Muffin or Cheese Sticks & Muffin Lunch available daily\*No Charge Policy in cafeteria\*Substitute help is needed in the cafeterias- call 860 870-6000x152 for more info