



September 2011



Vernon School Lunch Menu-Elem.

September is Apple Month!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>New Prices: Breakfast- \$1.25 Lunch- \$2.25</p> <p>Other prices stay the same: Red. priced Breakf \$.30 Red. priced Lunch \$.40 Milk \$.45</p>	<p>Our apples are from Johnny Applesseed Farm- local & delicious!</p> 	<p>31</p> <p>Cheeseburger on Wheat Roll Oven Fries Mixed Vegetable Fruit Low Fat Milk or Toasted Cheese Sandwich</p>	<p>1</p> <p>Mozzarella Sticks Noodles w/ Sauce Green Beans Fruit Low Fat Milk or Chicken Styx</p>	<p>2</p> <p>Cheese Pizza Round Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>5</p> <p>No School Labor Day</p> 	<p>6</p> <p>Chicken Patty on Wheat Roll Potato Puffs Carrots Fruit Low Fat Milk or BBQ Beef on Wheat Roll</p>	<p>7</p> <p>Meatball Grinder Potato Curls Peas Shape Up Bar Low Fat Milk or Chicken Nuggets</p>	<p>8</p> <p>Bacon, Egg & Cheese Sandwich Oven Fries Mixed Vegetable Fruit Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>9</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>12</p> <p>Crispy Chicken Wrap w/ Lettuce Carrot Sticks Fruit Low Fat Milk or Pizza Dippers w/ Sauce</p>	<p>13</p> <p>Hot Dog on Wheat Roll Potato Curls Green Beans Fruit Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>14</p> <p>Soft Taco w/ Beef, Cheese, Lettuce, Salsa Spanish Rice/Corn Fruit Low Fat Milk or Chicken Patty on Wheat Roll</p>	<p>15</p> <p>Chicken Tenders Mashed Potatoes Peas Sherbet Low Fat Milk or Fun Fish</p>	<p>16</p> <p>Cheese Pizza Round Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>19</p> <p>Mozzarella Sticks Noodles w/ Sauce Broccoli Fruit Low Fat Milk or French Bread Pizza</p>	<p>20</p> <p>Sloppy Joe on Wheat Roll Potato Puffs Carrots Shape Up Bar Low Fat Milk or Bacon, Egg & Cheese Sandwich</p>	<p>21</p> <p>French Toast Sticks Sausage Fruit Juice Fruit Low Fat Milk or Waffles</p>	<p>22</p> <p>Sweet-n-Sour Popcorn Chicken Brown Rice Oriental Mixed Vegetable Fruit Low Fat Milk or Cheese Quesadilla</p>	<p>23</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>26</p> <p>Chicken Nuggets Mashed Potatoes Mixed Vegetable Fruit Low Fat Milk or Tuna Boat</p>	<p>27</p> <p>Cheeseburger on Wheat Roll Oven Fries Corn Fruit Low Fat Milk or Popcorn Chicken</p>	<p>28</p> <p>Toasted Cheese Sandwich Tomato Soup Carrot Sticks Sherbet Low Fat Milk or Hot Dog on Wheat Roll</p>	<p>29</p> <p>Cheese Ravioli w/ Sauce Whole Wheat Bread Stick Green Beans Fruit Low Fat Milk or Chicken Tenders</p>	<p>30</p> <p>Cheese Pizza Round Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>

Skim, Low Fat, and flavored LF Milk served with all meals**Menu Subject to Change**Vegetarian Meals Offered**Price: \$2.25/day \$49.50/month (Aug/Sept- 22 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