




March 2010

Vernon School Lunch Menu- RHS

March is National Nutrition Month!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Meatball Grinder Oven Fries Hot Vegetable Fruit or Mozzarella Sticks w/ Sauce</p>	<p>2</p> <p>Chicken Tenders Potato Puffs Hot Vegetable Fruit or Pizza</p>	<p>3</p> <p>Sweet-n-Sour Popcorn Chicken Rice Hot Vegetable Shape Up Bar or BBQ Beef on Wheat Roll</p>	<p>4</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll</p>	<p>5</p> <p>Hot Ham & Cheese Croissant Noodles Hot Vegetable Fruit or Taco w/ Beef, Cheese, Lettuce and Salsa</p>
<p>8</p> <p>Chicken Nuggets Oven Fries Hot Vegetable Fruit or Philly Steak-n-Cheese Sandwich</p>	<p>9</p> <p>Pasta Alfredo w/ Chicken Whole Wheat Bread Stick Hot Vegetable Fruit or Pizza</p>	<p>10</p> <p>Crispy Chicken Caesar Wrap Red. Fat Chips Carrot Sticks Sherbet or Hot Pocket</p>	<p>11</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll</p>	<p>12</p> <p>Fish-n-Cheese Sandwich Potato Puffs Hot Vegetable Fruit or Chicken Patty on Wheat Roll</p>
<p>15</p> <p>Cheeseburger on Wheat Roll Potato Puffs Hot Vegetable Fruit or Teriyaki Chicken Bites</p>	<p>16</p> <p>Mashed Potato Bowl (Popcorn Chicken, Mashed Potatoes, Corn and Gravy) Whole Wheat Bread Stick Fruit or Pizza</p>	<p>17</p> <p>St. Patrick's Day Sloppy Joe on Wheat Roll Spicy Fries Hot Vegetable Shamrock Green Sherbet or Chicken Styx</p> 	<p>18</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll</p>	<p>19</p> <p>Cheese Quesadilla Rice Hot Vegetable Fruit or Turkey Wrap w/ Lettuce</p>
<p>22</p> <p>Mozzarella Sticks Noodles w/ Sauce Hot Vegetable Fruit or Fun Fish</p>	<p>23</p> <p>Taco w/ Beef, Cheese, Lettuce and Salsa Spanish Rice Hot Vegetable Shape Up Bar or Pizza</p>	<p>24</p> <p>Pasta w/ Meatballs Whole Wheat Bread Stick Hot Vegetable Fruit or Chicken Nuggets</p>	<p>25</p> <p>Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll</p>	<p>26</p> <p>Toasted Cheese Sandwich Tomato Soup Red. Fat Chips Fruit or Foot Long Hot Dog</p>
<p>29</p> <p>Chicken Patty on Wheat Roll (Regular or Spicy) Oven Fries Hot Vegetable Fruit or Tuna Boat</p>	<p>30</p> <p>BBQ Beef on Wheat Roll Spicy Fries Hot Vegetable Fruit or Pizza</p>	<p>31</p> <p>Buffalo Chicken Wrap Potato Puffs Hot Vegetable Fruit or Meatball Grinder</p>	<p>March 8-12th is School Breakfast Week. Come to the cafeteria when you get to school and see what we offer every day. It only takes a few minutes to have a healthy breakfast and be ready for your busy day!</p>	

10 oz Milk served with all meals Vegetarian Meals Available Menus subject to change **No Charge policy in Vernon Cafeterias

Daily Meal Options- Nacho or Pretzel Lunch, Protein Salad, Deli Sandwich Price: \$2.50/day \$57.50/month(March- 23 days)