







Vernon School Lunch Menu-Elem.

October 2011

Oct 10-14th is National School Lunch Week!



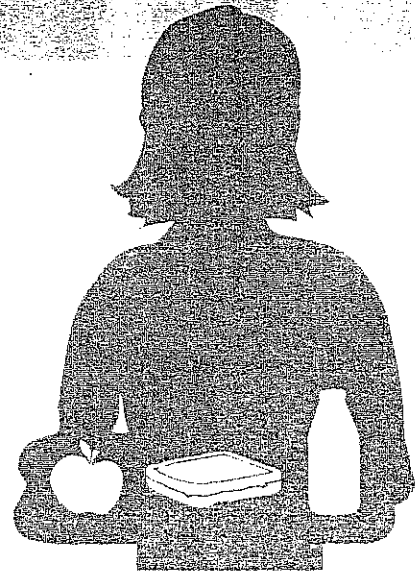
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>3</p> <p>Chicken Patty on Wheat Roll Potato Puffs Peas Fruit Low Fat Milk or BBQ Beef on Wheat Roll</p> | <p>4</p> <p>Cheese Quesadilla Spanish Rice Green Beans Fruit Low Fat Milk or Mozzarella Sticks</p> | <p>5</p> <p>Crispy Chicken Wrap w/ Lettuce, Ranch Mixed Vegetable/Veggie Sticks Fruit Low Fat Milk or French Bread Pizza</p> | <p>6</p> <p>Pasta w/ Meatballs in Sauce Whole Wheat Dinner Roll Broccoli Shape Up Bar Low Fat Milk or Chicken Tenders</p> | <p>7</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p> |
| <p>10</p> <p>No School Columbus</p>  | <p>11</p> <p>Cheeseburger on Wheat Roll Potato Curls Carrots Sherbet Low Fat Milk or Hot Dog on Wheat Roll</p> | <p>12</p> <p>Chicken Nuggets Mashed Potatoes Corn Fruit Low Fat Milk or Yogurt w/ Pretzel</p> | <p>13</p> <p>Bacon, Egg & Cheese Sandwich Oven Fries Green Beans Fruit Low Fat Milk or Popcorn Chicken</p> | <p>14</p> <p>Cheese Pizza Round Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p> |
| <p>17</p> <p>Sweet-n-Sour Popcorn Chicken Brown Rice Oriental Mix Vegetable Low Fat Milk or Fun Fish</p> | <p>18</p> <p>Mozzarella Sticks Noodles w/ Sauce Broccoli Fruit Low Fat Milk or Chicken Nuggets</p> | <p>19</p> <p>Sloppy Joe on Wheat Roll Potato Puffs Mixed Vegetable Shape Up Bar Low Fat Milk or Chicken Patty on Wheat Roll</p> | <p>20</p> <p>Hot Dog on Wheat Roll Potato Curls Carrots Shape Up Bar Low Fat Milk or Meatball Grinder</p> | <p>21</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p> |
| <p>24</p> <p>French Toast Sticks Sausage Links Fruit Juice Fruit Low Fat Milk or Waffles</p> | <p>25</p> <p>Meatballs in Brown Gravy Noodles Mixed Vegetable Fruit Low Fat Milk or Chicken Nuggets</p> | <p>26</p> <p>Toasted Cheese Sandwich Tomato Soup Peas Sherbet Low Fat Milk or Tuna Boat</p> | <p>27</p> <p>Chicken Tenders Oven Fries Corn Fruit Low Fat Milk or Cheeseburger on Wheat Roll</p> | <p>28</p> <p>Cheese Pizza Round Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p> |
| <p>Happy Halloween 31</p> <p>Pizza Dippers w/ Sauce Carrot Sticks w/ Ranch Apple Slices w/ Yogurt Low Fat Milk or Corn Dog Nuggets w/ Ketchup *Dippin Day*</p>  |  | <p>National School Lunch Week "Let's Grow Healthy"</p> | <p>Our apples are from Johnny Appleseed Farm- local & delicious!</p>  | <p>New Prices: Breakfast- \$1.25 Lunch- \$2.25 Other prices stay the same: Red. priced Breakf \$3.30 Red. priced Lunch \$4.40 Milk \$.45</p> |

Skim, Low Fat, and flavored LF Milk served with all meals**Menus Subject to Change**Vegetarian Meals Offered**Price: \$2.25/day \$45.00/month (Oct- 20 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

ATTENTION STUDENTS!

School Lunch LET'S GROW HEALTHY



Let's Grow Healthy with School Lunch!

Are you ready to learn how food grows and how eating a tasty school lunch helps you grow strong and healthy? Read on, take part and solve the puzzles—and you will be well on the way.

Harvest Word Search

Can you "pick" the crop of harvest related words in the word search? Words may be written forwards, backwards or diagonally.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|-----------|
| E | O | T | R | T | N | A | L | P | A | Crop |
| E | R | R | A | S | C | L | L | A | F | Fall |
| S | C | A | R | E | C | R | O | W | A | Farmer |
| E | A | C | R | V | H | W | O | R | R | Grain |
| E | R | T | G | R | A | I | N | P | M | Harvest |
| D | V | O | H | A | Y | R | I | D | E | Hayride |
| R | D | R | A | H | C | R | O | W | R | Orchard |
| | | | | | | | | | | Plant |
| | | | | | | | | | | Scarecrow |
| | | | | | | | | | | Seed |
| | | | | | | | | | | Tractor |

Harvest Time Art

October is harvest time and there are lots of seasonal fruits and veggies available to eat. Whether it is a sweet apple or crunchy carrots, draw your favorite in the box below:

Seasonal Scramble

Unscramble the words and discover some tasty fruits and vegetables.

CRNO

UMKNIPP

PPLAE

RCARTO

ETESW

TOPAOT

Answers: Corn, Pumpkin, Apple, Carrot, Sweet Potato

How Many?

Did you know that most orange fruits and vegetables are rich in Vitamin A and Vitamin C. Both of these vitamins help keep you healthy. How many orange fruits and veggies can you name in 3 minutes? We will start you off with the obvious... an orange!