




# November 2011

## Vernon School Lunch Menu-Elem.

## Happy Thanksgiving!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Have you seen the new "My Plate" from the USDA? It's based on the new 2010 Dietary Guidelines. It will be replacing the food guide pyramid. Go to: <a href="http://www.myplate.gov">www.myplate.gov</a></p>	<p>1 Cheese Calzone Green Beans Veggie Sticks Fruit Low Fat Milk or French Bread Pizza</p>	<p>2 Sloppy Joe on Wheat Roll Oven Fries Mixed Vegetable Fruit Low Fat Milk or Chicken Nuggets</p>	<p>3 Hot Dog on Wheat Roll Potato Curls Broccoli Shape Up Bar Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>4 Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>7 Sweet-n-Sour Popcorn Chicken Brown Rice Oriental Mix Vegetable Fruit Low Fat Milk or Fun Fish</p>	<p>8 Election Day/Prof. Dev. Day No School </p>	<p>9 Meatball Grinder Potato Puffs Green Beans Sherbet Low Fat Milk or Yogurt w/ Pretzel</p>	<p>10 Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>	<p>11 Veteran's Day No School </p>
<p>14 Mozzarella Sticks Noodles w/ Sauce Broccoli Fruit Low Fat Milk or Chicken Tenders</p>	<p>15 Chicken Patty on Wheat Roll Oven Fries Corn Fruit Low Fat Milk or Tuna Boat</p>	<p>16 Cheese Quesadilla Peas Carrot Sticks Shape Up Bar Low Fat Milk or BBQ Beef on Wheat Roll</p>	<p>17 Roast Turkey w/ Gravy Mashed Potatoes/Dressing Seasoned Carrots Apple Turnover Low Fat Milk or Hot Dog on Wheat Roll</p>	<p>18 Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>21 French Toast Sticks Sausage Links Fruit Juice Fruit Low Fat Milk or Waffles</p>	<p>22 Cheeseburger on Wheat Roll Potato Puffs Mixed Vegetable Fruit Low Fat Milk or Toasted Cheese Sandwich</p>	<p>23 Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>	<p>24 Thanksgiving Day No School </p>	<p>25 Thanksgiving Recess No School</p>
<p>28 Chicken Nuggets Mashed Potatoes Green Beans Fruit Low Fat Milk or Mozzarella Sticks</p>	<p>29 Meatballs in Brown Gravy Noodles Corn Fruit Low Fat Milk or Bacon, Egg &amp; Cheese Sandwich</p>	<p>30 Crispy Chicken Wrap w/ Lettuce, Ranch Carrot Sticks Fruit Low Fat Milk or Pizza Dippers w/ Sauce</p>	<p>Our apples are from Johnny Appleseed Farm- local &amp; delicious! </p>	<p>New Prices: Breakfast- \$1.25 Lunch- \$2.25 Other prices stay the same: Red. priced Breakf \$ .30 Red. priced Lunch \$ .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 \$40.50/month (Nov- 18 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