








# December 2011

## Vernon School Lunch Menu-Elem.

Happy Holidays!



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>Check out the back of the menu for a recipe for a healthy alternative to the traditional green bean casserole.</p> 		<p>1</p> <p>Hot Dog on Wheat Roll Potato Curls Broccoli Shape Up Bar Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>2</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>5</p> <p>French Toast Sticks Sausage Links Fruit Juice Fruit Low Fat Milk or Waffles</p>	<p>6</p> <p>Cheeseburger on Wheat Roll Oven Potato Wedges Carrots Shape Up Bar Low Fat Milk or Hot Dog on Wheat Roll</p>	<p>7</p> <p>Soft Taco w/ Beef, Cheese Lettuce, Salsa Spanish Rice/Corn Fruit Low Fat Milk or Chicken Nuggets</p>	<p>8</p> <p>Cheese Ravioli w/ Sauce Whole Wheat Bread Stick Peas Fruit Low Fat Milk or Yogurt w/ Pretzel</p>	<p>9</p> <p>Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>12</p> <p>Chicken Patty on Wheat Roll Potato Puffs Broccoli Fruit Low Fat Milk or Tuna Boat</p>	<p>13</p> <p>Meatballs in Brown Gravy Noodles Mixed Vegetable Fruit Low Fat Milk or BBQ Beef on Wheat Roll</p>	<p>14</p> <p>Sweet-n-Sour Popcorn Chicken Brown Rice Oriental Mix Vegetable Fruit Low Fat Milk or Bacon, Egg &amp; Cheese Sandwich</p>	<p>15</p> <p>Mozzarella Sticks Noodles w/ Sauce Green Beans Sherbet Low Fat Milk or Chicken Tenders</p>	<p>16</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>19</p> <p>Bacon, Egg &amp; Cheese Sandwich Oven Potato Wedges Mixed Vegetable Fruit Low Fat Milk or Toasted Cheese Sandwich</p>	<p><b>**Dippin Day**</b> 20</p> <p>Pizza Dippers w/ Sauce Carrot Sticks w/ Ranch Apple Slices w/ Yogurt Low Fat Milk or Corn Dog Nuggets w/ Ketchup</p>	<p>21</p> <p>Cheese Quesadilla w/ Salsa Carrot Sticks Corn Fruit Low Fat Milk or French Bread Pizza</p>	<p>22</p> <p>Chicken Nuggets Mashed Potatoes Green Beans Shape Up Bar Low Fat Milk or Fun Fish</p>	<p>23</p> <p>Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>26</p> <p>Christmas Vacation No School</p> 	<p>27</p> <p>Christmas Vacation No School</p> 	<p>28</p> <p>Christmas Vacation No School</p> 	<p>29</p> <p>Christmas Vacation No School</p> 	<p>30</p> <p>Christmas Vacation No School</p> 

Skim, Low Fat, and flavored LF Milk served with all meals\*\*Menus Subject to Change\*\*Vegetarian Meals Offered\*\*Price: \$2.25/day \$38.25/month (Dec- 17 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