



January 2012

Vernon School Lunch Menu-Elem.

Happy New Year!



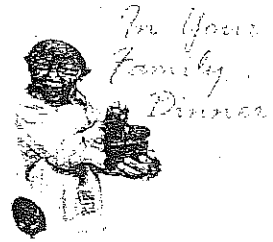
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>New Year's Holiday No School</p> 	<p>3</p> <p>Mozzarella Sticks Noodles w/ Sauce Green Beans Fruit Low Fat Milk or Chicken Nuggets</p>	<p>4</p> <p>Chicken Tenders Oven Baked Fries Mixed Vegetable Fruit Low Fat Milk or BBQ Beef on Wheat Roll</p>	<p>5</p> <p>Sloppy Joe on Wheat Roll Potato Curls Peas Sherbet Low Fat Milk or Yogurt w/ Pretzel</p>	<p>6</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>9</p> <p>Chicken Patty on Wheat Roll Sweet Potato Fries*new item* Broccoli Fruit Low Fat Milk or Tuna Boat</p>	<p>10</p> <p>Toasted Cheese Sandwich Tomato Soup Corn Fruit Low Fat Milk or Meatball Grinder</p>	<p>11</p> <p>Crispy Chicken Wrap w/ Lettuce, Ranch Carrot Sticks Fruit Low Fat Milk or Pizza Dippers</p>	<p>12</p> <p>Cheeseburger on Wheat Roll Baked Oven Fries Green Beans Shape Up Bar Low Fat Milk or Hot Dog on Wheat Roll</p>	<p>13</p> <p>Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>16</p> <p>Martin Luther King Day No School</p> 	<p>17</p> <p>Chicken Nuggets Mashed Potatoes Mixed Vegetable Fruit Low Fat Milk or Fish-n- Cheese Sandwich</p>	<p>18</p> <p>Bacon, Egg & Cheese Sandwich Oven Baked Fries Carrots Sherbet Low Fat Milk or Chicken Patty on Wheat Roll</p>	<p>19</p> <p>Cheese Ravioli w/ Sauce Whole Wheat Bread Stick Green Beans Fruit Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>20</p> <p>Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>*Chinese New Year* 23</p> <p>Sweet -n-Sour Popcorn Chicken Brown Rice Oriental Mixed Vegetables Fruit Low Fat Milk or Fun Fish</p> 	<p>24</p> <p>Cheese Quesadilla w/ Salsa Carrot Sticks w/ Ranch Corn Fruit Low Fat Milk or French Bread Pizza</p>	<p>25</p> <p>Meatballs in Brown Gravy Noodles Carrots Shape Up Bar Low Fat Milk or Toasted Cheese Sandwich</p>	<p>26</p> <p>Soft Taco w/ Beef, Cheese, Lettuce, Salsa Spanish Rice/Peas Fruit Low Fat Milk or Cheese Calzone w/ Sauce</p>	<p>27</p> <p>Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>30</p> <p>French Toast Sticks Sausage Links Fruit Juice Fruit Low Fat Milk or Waffles</p>	<p>31</p> <p>Pizza Dippers Carrot Sticks Green Beans Fruit Low Fat Milk or Chicken Tenders w/ Wheat Roll</p>			<p>The new 2010 Dietary Guidelines want you to increase fruits & veggies in your diet, See the back of the menu for easy ways to do that!</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 (Jan- 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

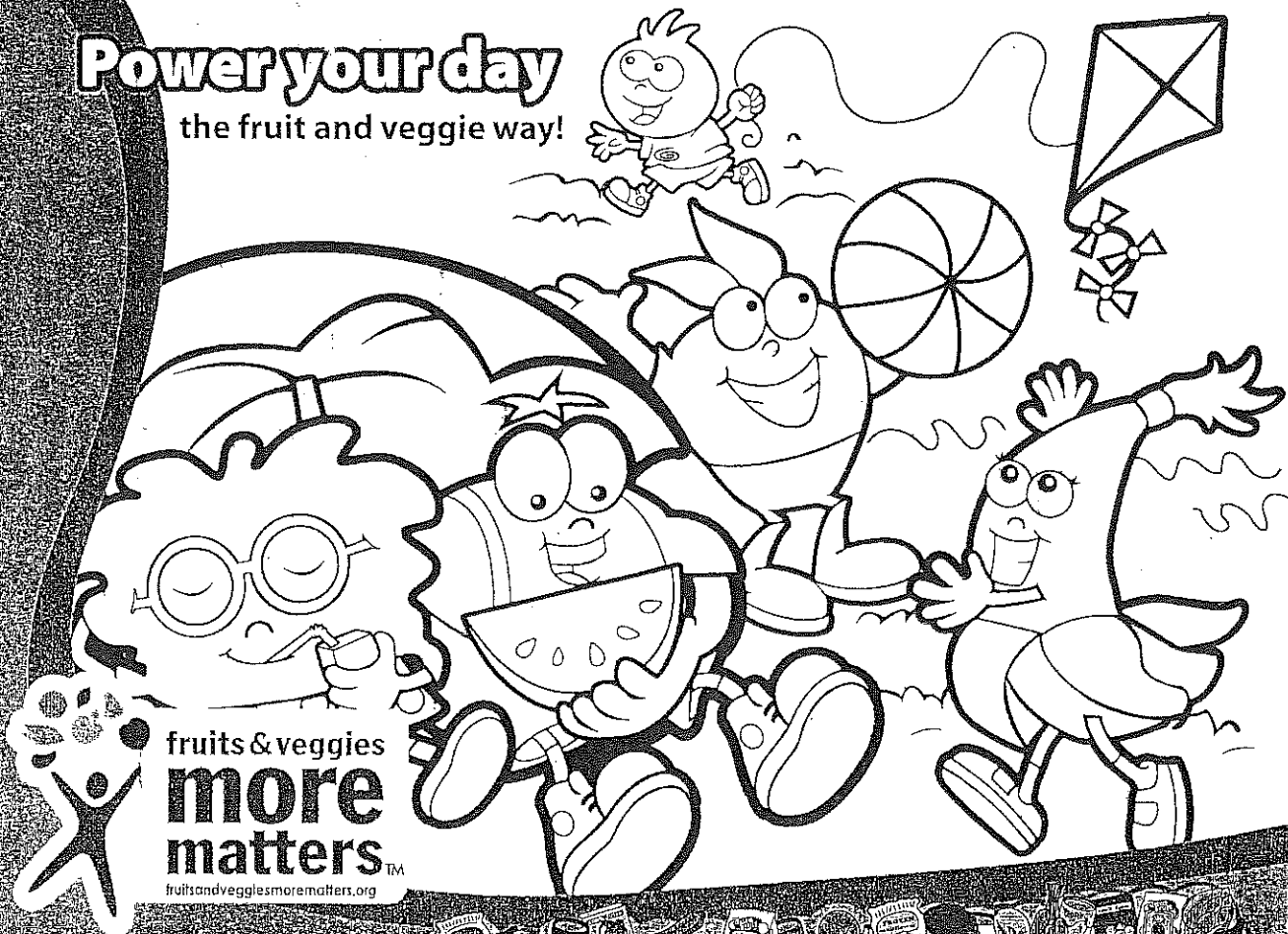
Family Dinner with Fruits & Vegetables

Getting more fruits and vegetables in at the dinner doesn't have to be a struggle. Hey, why not add fruits and vegetables to the meals you are already making? How Smart! Or, make a meal starring just fruits and vegetables. Try these tips for convenient ways to add MORE!



- 1. **Double the deliciousness:** Add a can of veggies, such as corn or green beans, to a can of soup—or onions, peppers and/or mushrooms to that jar of spaghetti sauce.
- 2. **Create yummy rainbow lasagna:** Tuck shredded carrots, sliced yellow peppers and chopped spinach into each layer for a rainbow of flavors. For pickier palates, add pureed vegetables to the sauce.
- 3. **Create a Picasso pizza or a colorful fiesta:** “Paint” your pizza with peppers, broccoli, spinach and pineapple or dress up your taco dinner with sweet peppers, cucumbers, and avocado.
- 4. **Try a favorite dish in a new way:** Serve spaghetti squash instead of pasta, topped with your favorite sauce and diced vegetables.
- 5. **Sumptuous soups:** Whip up homemade soups from pureed cooked veggies, livened up with a handful of herbs and thinned with a little canned vegetable or chicken broth.
- 6. **Get Smart, all forms count:** All fruits and veggies count towards your daily intake—so, add frozen to canned, and fresh to frozen—mix and match!

Power your day
the fruit and veggie way!



fruits & veggies
more mattersTM
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