



February 2012

Vernon School Lunch Menu-Elem.

American Heart Month



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Popcorn Chicken Brown Rice Oriental Mix Vegetable Fruit Low Fat Milk or Toasted Cheese Sandwich	2 Groundhog Day Bacon, Egg and Cheese Sandwich Potato Puffs Mixed Vegetable Sherbet Low Fat Milk or Chicken Nuggets 	3 Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice
6 Cheeseburger on Wheat Roll Oven Potato Wedges Peas Fruit Low Fat Milk or Fish-n-Cheese Sandwich	7 Crispy Chicken Wrap w/ Lettuce, Ranch Broccoli/Carrot Sticks Fruit Low Fat Milk or Pizza Dippers	8 Meatball Grinder Potato Curls Green Beans Shape Up Bar Low Fat Milk or Chicken Patty on Wheat Roll	9 Soft Taco w/ Beef, Cheese, Lettuce, Salsa Spanish Rice/Corn Fruit Low Fat Milk or Yogurt w/ Pretzel	10 Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice
13 Mozzarella Sticks Noodles w/ Sauce Broccoli Fruit Low Fat Milk or BBQ Beef on Wheat Roll	14 Valentine's Day Chicken Patty on Wheat Roll Sweet Potato Bites Peas Fruit Low Fat Milk or Hot Dog on Wheat Roll 	15 Sloppy Joe on Wheat Roll Oven Baked Fries Corn Sherbet Low Fat Milk or Chicken Tenders	16 Cheese Pizza (Rect.) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice	17 Professional Development Day No School 
20 President's Day No School 	21 Mardi Gras Chicken Nuggets Mashed Potatoes Carrots Fruit Low Fat Milk or Pizza Dippers 	22 Meatballs in Brown Gravy Noodles Mixed Vegetables Shape Up Bar Low Fat Milk or Fun Fish	23 Toasted Cheese Sandwich Tomato Soup Green Beans Shape Up Bar Fruit Low Fat Milk or Hot Dog on Wheat Roll	24 Cheese Pizza (Round) Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice
27 French Toast Sticks Sausage Links Fruit Juice Fruit Low Fat Milk or Waffles	28 Cheese Quesadilla w/ Salsa Carrot Sticks Corn Fruit Low Fat Milk or French Bread Pizza	29 Hot Dog on Wheat Roll Potato Curls Peas Fruit Low Fat Milk or Cheeseburger on Wheat Roll		The new 2010 Dietary Guidelines want you to increase fruits & veggies in your diet, See the back of the menu for tips to increase veggies in your diet.

Skim, Low Fat, and flavored LF Milk served with all meals**Menus Subject to Change**Vegetarian Meals Offered**Price: \$2.25/day \$42.75/month (Feb- 19 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

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Vegetables

What does 1 cup look like?

cup equivalents

1 small potato

1 large corn cob

12 baby carrots

1 cup

1 cup

1 cup

Hey kids! Color the veggies!

What about 1/2 cup?
That's just 1 cup divided in 2!

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