



September 2010



Vernon School Lunch Menu-Elem.

September 27th is Family Day!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>September 27th is Family Day A Day to Eat Dinner with Your Children!</p> <p>Take time to plan a family meal. It's the perfect time to talk and learn about everyone's day and activities!</p>	<p>Check out the back of the menu for some simple, family friendly recipes for meals.</p>	<p>1 Last day of summer vacation- did you finish your summer reading??</p> 	<p>2 Mozzarella Sticks Noodles w/ Sauce Green Beans Fruit Low Fat Milk or Popcorn Chicken</p>	<p>3 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>6 Labor Day No School</p> 	<p>7 Chicken Patty on Wheat Roll Oven Fries Mixed Vegetable Fruit Low Fat Milk or BBQ Beef on Wheat Roll</p>	<p>8 Meatball Grinders Curly Fries Peas Shape Up Bar Low Fat Milk or Chicken Nuggets</p>	<p>9 Ham, Egg & Cheese Sandwich Potato Puffs Carrots Fruit Low Fat Milk or Hot Dog on Wheat Roll</p>	<p>10 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>13 Cheeseburger on Wheat Roll Oven Fries Broccoli Fruit Low Fat Milk or Fun Fish</p>	<p>14 Crispy Chicken Wrap w/ Lettuce, Ranch Carrot Sticks Fruit Low Fat Milk or Pizza Dippers w/ Sauce</p>	<p>15 French Toast Sticks Sausage Fruit Juice Fruit Low Fat Milk or Waffles</p>	<p>16 Chicken Styx Potato Puffs Green Beans Sherbet Low Fat Milk or Yogurt w/ Pretzel</p>	<p>17 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>20 Sweet-n-Sour Popcorn Chicken Rice Oriental Mixed Vegetables Fruit Low Fat Milk or French Bread Pizza</p>	<p>21 Hot Dog on Wheat Roll Curly Fries Mixed Vegetable Shape Up Bar Low Fat Milk or Cheeseburger on Wheat Roll</p>	<p>22 Toasted Cheese Sandwich Tomato Soup Carrots Fruit Low Fat Milk or Tuna Boat</p>	<p>23 Soft Taco w/ Beef, Cheese Lettuce & Salsa Spanish Rice/Corn Fruit Low Fat Milk or Chicken Patty on Wheat Roll</p>	<p>24 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit Low Fat Milk or Manager's Choice</p>
<p>27 Pizza Dippers w/ Sauce Veggie Sticks Fruit Low Fat Milk or Corn Dog Nuggets</p>	<p>28 Chicken Nuggets Oven Fries Peas Fruit Low Fat Milk or Ham, Egg & Cheese Sandwich</p>	<p>29 Sloppy Joe on Wheat Roll Potato Puffs Green Beans Sherbet Low Fat Milk or Turkey Wrap w/ Lettuce</p>	<p>30 Mozzarella Sticks Noodles w/ Sauce Mixed Vegetable Fruit Low Fat Milk or Cheeseburger on Wheat Roll</p>	

Skim, Low Fat, and flavored LF Milk served with all meals**Menus Subject to Change**Vegetarian Meals Offered**Price: \$2.00/day \$40.00/month (September- 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