



# February 2012

## Vernon School Lunch Menu- RHS

## American Heart Month



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mozzarella Sticks Noodles w/ Sauce Hot Vegetable Fruit or Beef Teriyaki Bites	2 Meatball Grinder Baked Oven Fries Hot Vegetable Sherbet or Chicken Patty on Wheat Roll	3 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Foot Long Hot Dog
6 Cheeseburger on Wheat Roll Lettuce and Tomato Spicy Potato Curls Hot Vegetable Fruit or Grilled Chicken Sandwich	7 Mashed Potato Bowl (Popcorn Chicken, mashed potatoes, corn and gravy) Shape Up Bar or Pizza	8 Pasta w/ Meat Sauce Whole Wheat Dinner Roll Hot Vegetable Fruit or Turkey Wrap w/ Cheese, Lettuce	9 Buffalo Chicken Wrap w/ Lettuce, Ranch Red. Fat Chips Carrot Sticks Fruit or BBQ Beef on Wheat Roll	10 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll
13 Chicken Patty on Wheat Roll (Reg or Spicy) Sweet Potato Bites Hot Vegetable Fruit or Fish-n-Cheese Sandwich	14 Toasted Cheese Sandwich Tomato Soup Spicy Potato Curls Fruit or Pizza	15 Sloppy Joe on Wheat Roll Baked Oven Fries Hot Vegetable Sherbet or Chicken Nuggets	16 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Foot Long Hot Dog	17 <b>Professional Development Day No School</b> 
20 <b>President's Day No School</b> 	21 Chicken Nuggets Mashed Potatoes Hot Vegetable Shape Up Bar or Pizza 	22 Cheese Quesadilla w/ Salsa Brown Rice Hot Vegetable Fruit or Fun Fish	23 <b>Early Dismissal Breakfast &amp; Sandwiches Available</b>	24 Cheese Pizza Garden Salad w/ Spinach Lite Dressing Fruit or Cheeseburger on Wheat Roll
27 Ham, Egg & Cheese Sandwich Hash Brown Potatoes Hot Vegetable Fruit or Mozzarella Sticks	28 Soft Taco w/ Beef, Cheese, Lettuce & Salsa Spanish Rice Hot Vegetable Fruit or Pizza	29 Cheese Ravioli w/ Sauce Whole Wheat Dinner Roll Hot Vegetable Fruit or Chicken Quesadilla w/ Salsa		The new 2010 Dietary Guidelines want you to increase fruits & veggies in your diet, See the back of the menu for tips to increase the amount of vegetables in your diet.

10 oz Milk served with all meals Vegetarian Meals Available Menus subject to change \*\*No Charge policy in Vernon Cafeterias

Daily Meal Options- Nacho or Pretzel Lunch, Salad Bar, Deli Sandwich Price: \$2.75/day \$49.50/month(Feb- 18 days)