

January 2023

Vernon Elementary School

This Institution is a equal opportunity provider.  
 .\*\*Vegetable Bar every Tuesday N Thursday. Juice is 100%.  
 Menus Subject to change. Milk Served with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Cinnamon oats W/Toast</b> Blueberries, Milk ***** Raviolis W/ Cheese stick Peas N carrots WG Roll Peaches, Milk	<b>3 Cheese crisp W/Salsa</b> Mixed fruit, Milk ***** Chicken Fajitas Ranch Beans Diced lettuce, Tomatoes Mixed fruit, Milk	<b>4 Scrambled eggs,Sausage</b> Applesauce, Milk ***** Tomato Soup Grilled Cheese sandwich Broccoli Red Apple, Milk	<b>5 Biscuit W/Sausage Gravy</b> Blueberries, Milk, ***** Salisbury Steak Mashed Potatoes Mixed veggies, Roll Peaches, Milk	* * * * *
<b>9 Scrambled Eggs W/Toast</b> Peaches, Milk ***** KFC Bowl Mashed Potatoes Ranch Beans, Corn, WG Roll Peaches, Milk	<b>10 Bagel W/Cream cheese</b> Mixed fruit, Milk ***** Beefy Tostadas Spanish Rice Diced Lettuce, Tomatoes Mixed fruit, Milk	<b>11 Cheese Crisp W/Salsa</b> Applesauce, milk ***** <b>Breakfast for lunch</b> French toast, Sausage Hashbrown Cinnamon apples, Milk	<b>12 Biscuit W/ Gravy Sausage</b> Peaches, Milk ***** Spaghetti W/Garlic bread Steamed Broccoli Veggie Bar Peaches, Milk	* * * * *
<b>16</b> ***** <p style="text-align: center;"><b>No School!!!</b></p>	<b>17 Banana Muffin, Yogurt</b> Oranges, Milk * * * * * Bean N cheese Burrito Diced Lettuce, Tomatoes Spanish rice Mixed fruit, Milk	<b>18 Breakfast Burrito W/Salsa</b> Applesauce, Milk ***** Beef Stroganoff Steamed Broccoli Peas n carrots Applesauce, Milk	<b>19 Biscuit W/Sausage gravy</b> Peaches, milk, * * * * * Cook”s Choice Veggie Bar Applesauce Milk	* * * * *
<b>23 Oatmeal W/Toast</b> Blueberries, milk ***** Hamburger W/Pickles Mashed potatoes Corn, Baked Beans Peaches, Milk	<b>24 Cheese crisp W/Salsa</b> Mixed fruit, Milk ***** Chili BeansW/Tortilla Veggie Bar Mixed fruit Milk	<b>25 Pancakes W/Sausage</b> Applesauce, Milk ***** * <b>Chicken Noodle soup</b> Mixed salad, WG Roll Cinnamon Apples Milk	<b>26 Biscuit W/Sausage gravy</b> Peaches, Milk ***** Chili dogs French Fries Veggie Bar Peaches, Milk	
<b>30 Scrambled Eggs,Sausage</b> Peaches,Toast, Milk ***** Beef Macaroni Green Beans, WG Roll Carrots Peaches, Milk	<b>31 Breakfast Burrito/ Salsa</b> Mixed fruit, Milk ***** Beef Tacos Spanish Rice, Beans Veggie Bar Mixed fruit, Milk			

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