

**October 2022**

**Vernon Elementary School**

This Institution is an 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
<p><b>3 French toast W/Sausage Blueberries, Milk</b>            *****            Chicken noodle soup            Carrots, WG Roll            Peaches, Milk</p>	<p><b>4 Bagel W/Cream cheese Yogurt, Mixed fruit, milk</b>            *****            Tostadas W/Rice            Diced Lettuce, Tomatoes            Veggie Bar            Mixed fruit, Milk</p>	<p><b>5 Monterey Ham Breakfast Toast, Applesauce, Milk</b>            *****            Mac- N Cheese W/Franks            Mixed Vegetables, WG Rolls            Mixed Salad            Cinnamon apples, Milk</p>	<p><b>6 Biscuit W/Sausage Gravy Peaches, Milk, Cereal</b>            *****            Pizza            Veggie Bar            Peaches, Milk</p>	<p>*****</p>
<p>10  <b>Fall Break!!!!            No School!!!!</b></p>	<p>11  <b>Fall Break!!!!            No School!!!!</b></p>	<p>12  <b>Fall Break!!!!            No School!!!!</b></p>	<p>13  <b>Fall Break!!!!            No School!!!</b></p>	<p>*****</p>
<p><b>17 Ham cheese breakfast bar WW toast, Peaches, Milk</b>            *****            Beef vegetable soup            Carrots, WG Roll            Peaches, Milk</p>	<p><b>18 Pumpkin Bread, Yogurt Mixed fruit, Milk</b>            *****            Taco Tuesday            Lettuce, Tomatoes            Spanish rice, Veggie Bar            Mixed fruit, Milk</p>	<p><b>19 Pancakes W/Sausage Blueberries, Milk</b>            *****            Stroganoff W/ WG roll            Steamed broccoli            Mixed salad            Applesauce, Milk</p>	<p><b>20 Biscuit W/Sausage gravy Peaches, milk, Cereal</b>            *****            Hamburger W/Pickles            Veggie Bar, corn            Baked beans            Peaches, Milk</p>	<p>*****</p>
<p><b>24 Oatmeal W/Blueberries Toast, Peaches, Milk</b>            *****            KFC Chicken bowl            Mashed Potatoes            Corn, WG Biscuit            Peaches, Milk</p>	<p><b>25 Breakfast burrito W/Salsa Mixed fruit, Milk</b>            *****            Pumpkin chili            Corn bread            Veggie Bar            Mixed fruit, Milk</p>	<p><b>26 French Toast, Sausage Applesauce, Milk</b>            *****            Cheese stuffed bread sticks            W/Marinara Sauce            Mixed Salad            Applesauce, Milk</p>	<p><b>27 Biscuit W/Sausage gravy Peaches, Milk</b>            *****            Ham sandwich            Salad Bar            Baked beans, potato smiles            Peaches, Milk</p>	
<p><b>31 Scrambled eggs W/Toast Sausage, Peaches, Milk</b>            Spaghetti W/Garlic bread            Green beans, Broccoli            Peaches, Milk , *</p>				

