

September 2022

Vernon Elementary School

* This institution is an Equal Opportunity Provider. Milk choice with each meal. All Juice Served is 100% Juice.

Menus subject to change.

** Vegetable Bar available every Tuesday and Thursday of the week

Monday	Tuesday	Wednesday	Thursday	Friday

5 ***** Labor Day!!! No School!!!	6 Sausage, egg Bagel Pizza Orange Smiles, Milk ***** Nacho Supreme Spanish Rice Veggie Bar Pears, Milk	7 Pancakes W/Sausage Strawberries, Milk ***** Grilled Cheese Tomato Soup Mixed Salad Cinnamon Apples, milk	8 Biscuit W/Sausage gravy Peaches, Milk ***** Corn dogs Baked Beans Veggie Bar Peaches, Milk	
12 Oatmeal W/Blueberries Peaches, Milk, Toast ***** Beanies N Franks Corn on the Cob, Corn Bread Green Beans, Peaches, Milk	13 Ham, egg Breakfast Bar Orange Smiles, Milk ***** Beef N Bean Burrito Spanish Rice, Veggie bar Lettuce, Tomatoes, Salsa Pears, Milk	14 Egg Sausage Quiche Applesauce, Milk ***** Corn chowder soup W/Roll Salad Cup WG Crackers Available Applesauce, Milk	15 Biscuit W/sausage gravy Peaches, Milk ***** Pulled Pork sandwich Baked Beans, Veggie bar French Fries Peaches, Milk	*****
19 Scrambled Eggs W/Toast Sausage, Peaches, Milk Salisbury Steak Mashed Potatoes Green Beans, WG Roll Peaches, Milk	20- Bagel W/Cream Cheese Orange Smiles, Milk ***** Chili Beans WG Tortillas Veggie Bar Pears, Milk	21 French Toast W/Sausage Cinnamon apples, Milk ***** Stroganoff W/WG Roll Fresh Salad Cup Mixed Vegetables Cinnamon Apples, Milk	22 Biscuit W/sausage gravy Peaches, Milk ***** Chili dog Tator Tots, Veggie Bar Carrots, Celery Sticks Peaches, Milk	
26 Cream of Wheat W/Toast Peaches, Milk ***** Spaghetti W/Garlic Bread Green Beans Steamed Broccoli Peaches, Milk	27 Breakfast Burrito/salsa Oranges, Milk ***** Tacos W/Salsa, Veggie Bar Rice, Beans, Lettuce Diced Tomatoes Pears, Milk	28 Pancakes W/Sausage Blueberries, Milk ***** Chicken Noodle Soup Salad Cup WG Roll Apples, Milk	29 Biscuit W/sausage gravy Peaches, Milk ***** Hamburger W/French Fries Carrots, Celery Sticks Baked Beans, Veggie bar Peaches, Milk	*****