

Aug & Sept 2026

Breakfast:
\$0.00
Lunch: \$4.00

VERNON PUBLIC SCHOOLS HIGH SCHOOL LUNCH MENU

MON	TUE	WED	THU	FRI
MEAL PRICES Breakfast: \$0.00 Lunch: \$4.00 Adult Lunch: \$5.50 Adult Breakfast: \$3.50 www.myschoolbucks.com	<i>Each lunch includes the main entrée, 2 veggies, 2 fruits, and an ice cold milk!</i>	welcome BACK TO SCHOOL	Aug 27 1. Cheeseburger & Hamburger with Burger Sauce 🍷 2. Crispy Chicken Sandwich 3. Fish Fillet Sandwich 4. Cheese Pizza Spiral French Fries Watermelon 🍉 Assorted Fruits & Veggies	Aug 28 1. BBQ Chicken Wings with Garlic Parm Baked Mac & Cheese 2. Crispy Chicken Sandwich 3. Fish Fillet Sandwich 4. Cheese Pizza Cucumber Slices 🥒 Frozen Fruit Slushy 🍷 1% or Fat Free Milk
Aug 31 1. Rich-Fil A Sandwich with Chickin' Dippin' Sauce 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza French Fries Romaine Side Salad Assorted Fruit & Veggies 1% or Fat Free Milk	1 1. Pasta with Meat Sauce or Chicken Alfredo with Texas Toast 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Green Beans Assorted Fruit & Veggies 1% or Fat Free Milk	2 1. Oven-Fried Chicken & Waffles with Syrup 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Baked Beans Assorted Fruit & Veggies 1% or Fat Free Milk	3 1. Chicken Enchiladas 🍷 2. Crispy Chicken Sandwich 3. Fish Fillet Sandwich 4. Cheese Pizza Seasoned Corn Assorted Fruit & Veggies 1% or Fat Free Milk	4 1. Loaded Cheese Fries with Garlic Breadstick 2. Crispy Chicken Sandwich 3. Fish Fillet Sandwich 4. Cheese Pizza Roasted Carrots Assorted Fruit & Veggies 1% or Fat Free Milk
7 No School 	8 1. Cajun Fish Sandwich with Creamy Slaw and Special Sauce 🍷 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Cucumber Slices Assorted Fruit & Veggies 1% or Fat Free Milk	9 1. General Tso's Chicken & Veggie Fried Rice with Egg Roll 🍷 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Seasoned Edamame Assorted Fruit & Veggies 1% or Fat Free Milk	10 1. Chicken Tikka 🍷 Masala or Chickpea Masala with Tumeric Rice 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk	11 1. Baked Ziti 🍷 & Garlic Knot 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Red Pepper Sticks & Ranch Assorted Fruit & Veggies 1% or Fat Free Milk
14 1. Mozzarella Sticks with Marinara & Garlic Knot 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Buffalo Cauliflower Assorted Fruit & Veggies 1% or Fat Free Milk	15 1. Taco Tuesday with Cilantro Lime Rice 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Pico de Gallo 🍷 Seasoned Black Beans Assorted Fruit & Veggies 1% or Fat Free Milk	16 1. Cheesy Meatball Sub 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza French Fries Homemade Hummus Assorted Fruit & Veggies 1% or Fat Free Milk	17 1. Zet's Chicken 🍷 with Beans & Rice & Dinner Roll 2. Crispy Chicken Sandwich 3. Fish Fillet Sand. 4. Cheese Pizza Seasoned Corn Assorted Fruit & Veggies 1% or Fat Free Milk	18 NEW 1. Spicy Korean Beef Bowl 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Roasted Bok Choy 🍷 Assorted Fruit & Veggies 1% or Fat Free Milk
21 No School	22 1. Beef & Cheese Nachos with Cilantro Lime Rice 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Sofrito Black Beans 🍷 Assorted Fruit & Veggies 1% or Fat Free Milk	23 1. BBQ Chicken Wings with Garlic Parm Baked Mac & Cheese 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Seasoned Green Beans Assorted Fruit & Veggies 1% or Fat Free Milk	24 1. Chicken Fajitas 🍷 2. Crispy Chicken Sandwich 3. Fish Fillet Sand. 4. Cheese Pizza Fresh Tomato Salsa 🍷 Seasoned Black Beans Assorted Fruit & Veggies 1% or Fat Free Milk	25 1. Cheeseburger or Hamburger with Burger Sauce 🍷 2. Crispy Chicken Sand. 3. Fish Fillet Sandwich 4. Cheese Pizza Steamed Broccoli French Fries Frozen Fruit Slushy 🍷 1% or Fat Free Milk



Locally Grown



Scratch Made

This menu is  **pork free**  **nut free**

Vernon Public Schools Food & Nutrition Services

Elizabeth Fisher, RDN | 860-896-4682 | efisher@vernon-ct.gov

Menu items are subject to change without notice based on availability

This institution is an equal opportunity employer

Aug & Sept 2026

VERNON PUBLIC SCHOOLS HIGH SCHOOL BREAKFAST MENU

MON

TUE

WED

THU

FRI

Main Entrees – 2 points each – select one or none

1. Beef & Cheese
Breakfast Taco
2. Bagel & CC

1. Breakfast
Empanada
2. Bagel & CC

1. Egg & Cheese
English Muffin
2. Bagel & CC

1. Strawberry
Banana
Smoothie
2. Bagel & CC

1. Egg & Cheese
English Muffin
2. Bagel & CC

students that select a main entree must also select 1-2 side choices including a fruit

Side Choices – 1 point each – select up to 4 – one must be a fruit

Red. Sugar Cereal
Graham Crackers
Local Yogurt
Fresh Fruit
Raisins/Craisins
100% Fruit Juice
Fat free or 1% Milk

Homemade Muffin
Red. Sugar Cereal
Graham Crackers
Local Yogurt
Fresh Fruit
Raisins/Craisins
100% Fruit Juice
Fat free or 1% Milk

Red. Sugar Cereal
Graham Crackers
Local Yogurt
Fresh Fruit
Raisins/Craisins
100% Fruit Juice
Fat free or 1% Milk

Red. Sugar Cereal
Graham Crackers
Local Yogurt
Fresh Fruit
Raisins/Craisins
100% Fruit Juice
Fat free or 1% Milk

Red. Sugar Cereal
Graham Crackers
Local Yogurt
Fresh Fruit
Raisins/Craisins
100% Fruit Juice
Fat free or 1% Milk

Students must select 3 or 4 points at breakfast and 1 point must be a fruit.

Eat Breakfast Here!

Breakfast is free!

Free & Reduced-Price Meals

Free or reduced-price meals are available through SNAP benefits or income-based applications.

Meal applications are now available online!

Please scan the QR code to fill out a meal application or visit our food services website for more information.



To pay for school lunch, keep track of your students' purchases and check balances, please visit www.myschoolbucks.com and create a free account. Your student can pay on account, with cash, or with check at the register. Please make the check out to Vernon Public School Food & Nutrition Services and put the student's name in the memo line.

For more information, please visit our website at: <https://www.vernonpublicschools.org/o/vps/page/food-services-menus>

Welcome to the Cafeteria!

Vernon Public Schools will offer FREE breakfast to all students attending school this school year! Our Food & Nutrition team is dedicated to reducing the sugar content in school breakfast and providing students with healthy, wholesome meals to fuel their day.

All students have a student ID that is used as a PIN at the register to purchase/receive meals at school. Students can also be looked up by name at the register. **Eligibility status is confidential.**



This Fall, we will be offering fresh:

Apples from Karabin Farms
Tomatoes & Cucumbers from Cloverleigh Farm

Thank you to our farm partners

that supply Vernon schools with fresh CT grown products each month!

Cloverleigh
Farm

Karabin
Farms

Cold Spring
Farm