

Aug & Sept 2026

Breakfast:
\$0.00
Lunch: \$3.75

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

MON

MEAL PRICES

Breakfast: \$0.00
Lunch: \$3.75

Adult Lunch: \$5.50
Adult Breakfast: \$3.50

www.myschoolbucks.com

TUE

Each lunch includes the main entrée, 2 veggies, 1 fruit, and an ice cold milk!

WED

welcome BACK TO SCHOOL

THU

Aug 27

1. Cheeseburger or Hamburger
2. Egg & Cheese Sandwich
3. Crispy Chicken Sand.
4. Veggie Bites & Roll

Spiral French Fries
Cherry Tomatoes
Watermelon
Assorted Fruits & Veggies

FRI

Aug 28

1. Cheese or Pepperoni Pizza
2. Crispy Fish Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Cucumber Slices
Frozen Fruit Slushy
1% or Fat Free Milk

Aug 31

1. Rich-Fil A Sandwich with Chickin' Dippin' Sauce
2. Egg & Cheese
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Smile Fries
Carrot Sticks & Ranch
1% or Fat Free Milk

1. Pasta with Meatsauce and Texas Toast
2. Grilled Cheese
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Green Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Oven-Fried Chicken & Waffles with Syrup
2. Egg & Cheese Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Baked Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Chicken Enchiladas
2. Grilled Cheese Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Sweet Yellow Corn
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese or Pepperoni Pizza
2. Crispy Fish Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Romaine Side Salad
Frozen Fruit Slushy
Assorted Fruit & Veggies
1% or Fat Free Milk

No School



1. Meatball Dippers with Marinara and Garlic Knot
2. Grilled Cheese
3. Crispy Chicken Sand.
4. Veggie Bites & Roll

Parmesan Roasted Broccoli
Corn on the Cob
1% or Fat Free Milk

1. General Tso's Chicken with Veggie Fried Rice
2. Egg & Cheese Sandwich
3. Crispy Chicken Sand
4. Veggie Bites & Roll

Seasoned Edamame
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Hot Dog on a Bun
2. Grilled Cheese Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

French Fries
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese or Pepperoni Pizza
2. Crispy Fish Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Roasted Carrots
Frozen Fruit Slushy
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Mozzarella Sticks with Marinara & Garlic Knot
2. Egg & Cheese
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Buffalo Cauliflower
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Taco Tuesday with Cilantro Lime Rice
2. Grilled Cheese
3. Crispy Chicken Sandwich
4. Garden Black Bean Burger

Seasoned Black Beans
Tomato Fresh Salsa
1% or Fat Free Milk

1. Cheeseburger with Burger Sauce
2. Egg & Cheese Sandwich
3. Crispy Chicken Sand.
4. Veggie Bites & Roll

Spiral Fries
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Jerk Chicken with Coconut Rice & Dinner Roll
2. Grilled Cheese
3. Crispy Chicken Sandwich
4. Garden Black Bean Burger

Steamed Broccoli
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese or Pepperoni Pizza
2. Crispy Fish Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Carrot Sticks & Homemade Hummus
Frozen Fruit Slushy
1% or Fat Free Milk

No School

1. Beef & Cheese Nachos with Cilantro Lime Rice
2. Grilled Cheese
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Sofrito Black Beans
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Wild Mike's Cheese Bites with Marinara Sauce
2. Egg & Cheese Sandwich
3. Crispy Chicken Sand.
4. Veggie Bites & Roll

Garlic Roasted Broccoli
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Chicken Fajitas with Salsa & Sour Cream
2. Grilled Cheese
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Roasted Peppers & Onions
Assorted Fruit & Veggies
1% or Fat Free Milk

1. Cheese or Pepperoni Pizza
2. Crispy Fish Sandwich
3. Crispy Chicken Sandwich
4. Veggie Bites & Roll

Roasted Carrots
Frozen Fruit Slushy
Assorted Fruit & Veggies
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 CENTER MIDDLE 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. Homemade
Muffin & String
Cheese
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

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.

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, locally grown products each month!

Cloverleigh
Farm

Karabin
Farms

Cold Spring
Farm