

Aug & Sept 2026

Breakfast:
\$0.00
Lunch: \$3.50

VERNON PUBLIC SCHOOLS ELEMENTARY LUNCH MENU

MON	TUE	WED	THU	FRI
MEAL PRICES Breakfast: \$0.00 Lunch: \$3.50 Adult Lunch: \$5.50 Adult Breakfast: \$3.50 www.myschoolbucks.com	<i>Each lunch includes the main entrée, 2 veggies, 1 fruit, and an ice cold milk!</i>	welcome BACK TO SCHOOL	Aug 27 1. Cheeseburger or Hamburger 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Roll Smile French Fries Watermelon Assorted Fruits & Veggies 1% or Fat Free Milk	Aug 28 1. Cheese Pizza 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Roll Cucumber Slices Frozen Fruit Slushy Assorted Fruit & Veggies 1% or Fat Free Milk
Aug 31 1. French Toast Sticks & Chicken Sausage with Syrup 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Crispy Fish Sandwich Cucumber Slices Assorted Fruit & Veggies 1% or Fat Free Milk	1. Mozzarella Sticks & Marinara Sauce 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Crispy Fish Sandwich Broccoli Salad Assorted Fruit & Veggies 1% or Fat Free Milk	1. Corn Dog Nugget Dippers with Honey Mustard 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Crispy Fish Sandwich Sweet Baked Beans Assorted Fruit & Veggie 1% or Fat Free Milk	1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Crispy Fish Sandwich Corn on the Cob Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Grilled Cheese Sandwich 3. Muffin Lunch Box 4. Crispy Fish Sandwich Red Pepper Strips Frozen Fruit Slushy Assorted Fruit & Veggies 1% or Fat Free Milk
7 No School 	1. Fish & Chips with Dinner Roll (Fish Sticks & Fries) 2. Turkey & Cheese Sandwich 3. Muffin Lunch Box 4. Tuna Salad Sandwich Sweet Green Peas Assorted Fruit & Veggies 1% or Fat Free Milk	1. Meatball Dippers with Marinara Sauce & Garlic Knot 2. Turkey & Cheese Sandwich 3. Muffin Lunch Box 4. Tuna Salad Sandwich Green Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. Beef & Cheese Nachos 2. Turkey & Cheese Sandwich 3. Muffin Lunch Box 4. Tuna Salad Sandwich Seasoned Black Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Turkey & Cheese Sandwich 3. Muffin Lunch Box 4. Tuna Salad Sandwich Roasted Carrots Frozen Fruit Slushy Assorted Fruit & Veggies 1% or Fat Free Milk
1. Chicken Tenders & Waffles with Syrup 2. Kid's Chef Salad 3. Muffin Lunch Box 4. Garden Black Bean Burger Cucumber Slices Assorted Fruit & Veggies 1% or Fat Free Milk	1. Pasta Bolognese with Texas Toast 2. Kid's Chef Salad 3. Muffin Lunch Box 4. Garden Black Bean Burger Garlic Roast Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk	1. Hot Dog on Whole Grain Bun 2. Kid's Chef Salad 3. Muffin Lunch Box 4. Garden Black Bean Burger French Fries Assorted Fruit & Veggies 1% or Fat Free Milk	1. Manager's Choice 2. Kid's Chef Salad 3. Muffin Lunch Box 4. Garden Black Bean Burger Simple Chickpea Salad Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Kid's Chef Salad 3. Muffin Lunch Box 4. Garden Black Bean Burger Red Pepper Strips Frozen Fruit Slushy Assorted Fruit & Veggies 1% or Fat Free Milk
21 No School	1. Wild Mike's Cheese Bites & Marinara Cup 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Homemade Hummus & Carrot Sticks 1% or Fat Free Milk	1. Hamburger or Cheeseburger 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Potato Tots Assorted Fruit & Veggies 1% or Fat Free Milk	1. Mandarin Orange Chicken & Brown Rice 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Garlic Roast Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Egg & Cheese Sandwich 3. Muffin Lunch Box 4. Veggie Bites & Dinner Roll Roasted Carrots Frozen Fruit Slushy Assorted Fruit & Veggies 1% or Fat Free Milk
22 No School	23 No School	24 No School	25 No School	26 No School



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 ELEMENTARY BREAKFAST MENU

MON

TUE

WED

THU

FRI

Main Combo:
Breakfast Bun
Fresh Fruit

Main Combo:
Mini Cinnis
100% Fruit Juice

Main Combo:
Fresh Strawberry
Banana Smoothie
Graham Cracker

Main Combo:
Turkey Sausage &
Pancake Stick
100% Fruit Juice

Main Combo:
Homemade Muffin
Fresh Fruit



Cereal Combo:
Red. Sugar Cereal
Graham Crackers
Fresh Fruit

Cereal Combo:
Red. Sugar Cereal
Graham Crackers
100% Fruit Juice

Cereal Combo:
Red. Sugar Cereal
Graham Crackers
Fresh Fruit

Cereal Combo:
Red. Sugar Cereal
Graham Crackers
100% Fruit Juice

Cereal Combo:
Red. Sugar Cereal
Graham Crackers
Fresh Fruit

Bagel Combo:
Bagel & Cream
Cheese
Fresh Fruit

Bagel Combo:
Bagel & Cream
Cheese
100% Fruit Juice

Bagel Combo:
Bagel & Cream
Cheese
Fresh Fruit

Bagel Combo:
Bagel & Cream
Cheese
100% Fruit Juice

Bagel Combo:
Bagel & Cream
Cheese
Fresh Fruit

1% or fat free milk and assorted fruit available daily at breakfast

**Grab and Go
Breakfast**

Mornings are hectic. Let us take breakfast off your plate! Students can enjoy breakfast in the classroom with their friends every day at school.

**Breakfast
is free!**

Free & Reduced-Price Meals

at Lake Street School & Center Road School

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.



All students at Maple Street School, Skinner Road School, and Northeast School will receive breakfast AND lunch at no cost all school year. If your student attends one of these schools, you do not need to fill out a meal application unless you have a student in the same household that attends another Vernon Public School.

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.**

To pay for school lunch, keep track of your students' purchases and check balances, please visit www.myschoolbucks.com and create a free account.



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

Hastings
Farm