

November 2025

Breakfast:
\$2.25
Lunch: \$3.50

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU

MON	TUE	WED	THU	FRI
1. Chicken Nuggets & Pretzel Rod 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Black Bean Burger Potato Rounds Assorted Fruit & Veggies 1% or Fat Free Milk	NO SCHOOL 	1. Bacon Cheeseburger 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Black Bean Burger Vegetarian Baked Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. General Tso's Chicken & Veggie Fried Rice 2. Crispy Chicken Sandwich 3. Egg & Cheese Sandwich 4. Veggie Nuggets & Dinner Roll Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Crispy Chicken Sandwich 3. Crispy Fish Sandwich 4. Black Bean Burger Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk
1. French Toast Sticks & Hash Brown & Turkey Sausage 1. Crispy Chicken Sandwich 2. Grilled Cheese Sandwich 3. Black Bean Burger Sweet Baked Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. Pasta with Meatsauce 2. Crispy Chicken Sandwich 3. Egg & Cheese Sandwich 4. Veggie Nuggets & Dinner Roll  Side Salad Assorted Fruit & Veggies 1% or Fat Free Milk	1. Corn Dog Nuggets 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Black Bean Burger Potato Rounds Assorted Fruit & Veggies 1% or Fat Free Milk	1. Mozzarella Sticks with Marinara Sauce 2. Crispy Chicken Sandwich 3. Egg & Cheese Sandwich 4. Veggie Nuggets & Dinner Roll Green Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Crispy Chicken Sandwich 3. Crispy Fish Sandwich 4. Black Bean Burger  Roasted Carrots Assorted Fruit & Veggies 1% or Fat Free Milk
NEW 1. Pizzaboli 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Veggie Nuggets & Dinner Roll Steamed Broccoli Assorted Fruit & Veggies 1% or Fat Free Milk	1. Managers Choice 2. Crispy Chicken Sandwich 3. Egg & Cheese Sandwich 4. Black Bean Burger Managers Choice Assorted Fruit & Veggies 1% or Fat Free Milk	1. Meatball Dippers with Marinara & Garlic Knot 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Veggie Nuggets & Dinner Roll Cucumber Moons Assorted Fruit & Veggies 1% or Fat Free Milk	1. Beef Hot Dog 2. Crispy Chicken Sandwich 3. Egg & Cheese Sandwich 4. Black Bean Burger  Carrots & Ranch or Roasted Pepper Hummus Assorted Fruit & Veggies 1% or Fat Free Milk	1. Cheese Pizza 2. Crispy Chicken Sandwich 3. Crispy Fish Sandwich 4. Veggie Nuggets & Dinner Roll Potato Rounds Assorted Fruit & Veggies 1% or Fat Free Milk
 1. Chicken Tenders with Waffles & LOCAL Maple Syrup 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Black Bean Burger Green Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. Beef & Cheese Nachos with Salsa 2. Crispy Chicken Sandwich 3. Egg & Cheese Sandwich 4. Veggie Nuggets & Dinner Roll Sofrito Black Beans Assorted Fruit & Veggies 1% or Fat Free Milk	1. Popcorn Chicken with Garlic Knot 2. Crispy Chicken Sandwich 3. Grilled Cheese Sandwich 4. Black Bean Burger Potato Rounds Assorted Fruit & Veggies 1% or Fat Free Milk	 No School Thanksgiving Recess	



November is Native American Heritage Month!

This month, we honor the rich cultures, traditions, and contributions of Indigenous peoples. Many of the foods we enjoy today, like corn, beans, and squash, come from Native American agriculture and cooking traditions.

MEAL PRICES

Breakfast: \$2.25
Lunch: \$3.50

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

www.myschoolbucks.com

Vegetarian options available daily:

Yogurt Parfaits
Muffin Lunch Box
Black Bean Burger or Veggie Nuggets



CT 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

November 2025

VERNON PUBLIC SCHOOLS MIDDLE SCHOOL BREAKFAST MENU

MON	TUE	WED	THU	FRI
Main Entrée (2 Points) Beef & Cheese Breakfast Taco Stick Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Breakfast Bun Bagel & CC Fruit Smoothie	Main Entrée (2 Points) French Toast Sticks Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Jimmy Dean Turkey Sausage Pancake Bagel & CC Fruit Smoothie	Main Entrée (2 Points) Bacon Egg and Cheese Sandwich Bagel & CC Fruit Smoothie
Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) Red. Sugar Cereal Graham Crackers Local Yogurt Fresh Fruit Raisins/Craisins 100% Fruit Juice Fat free or 1% Milk	Side Choices (1 Point) 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!

**Student Breakfast: \$2.25
Adult Breakfast: \$3.50**



HMI Award for Innovation in the Preparation of School Meals!

Our Food Service Program has been nationally recognized with a Healthy Meals Incentives (HMI) Award for Innovation in the Preparation of School Meals. This award highlights our team's creative approach to serving fresh, high-quality meals that support student health and success every day.

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.



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



This Fall, we will be offering fresh:
Apples, daily from Karabin Farms
Tomatoes & Peppers from Cloverleigh Farm

Thank you to our farm partners

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

Cloverleigh Farm



Karabin Farm