

**MOUNT VERNON COMMUNITY SCHOOL APRIL BREAKFAST MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> Breakfast Pizza PopTart Yogurt	<b>3</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>4</b> Sausage Gravy & Biscuit-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	<b>5</b> Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>6</b> Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
<b>9</b> Breakfast Pizza PopTart Yogurt	<b>10</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>11</b> Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt	<b>12</b> Cheese Omelet Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>13</b> Breakfast Bagel PopTart WG Long John Yogurt
<b>16</b> Breakfast Pizza PopTart Yogurt	<b>17</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>18</b> French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	<b>19</b> Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>20</b> Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
<b>23</b> Breakfast Pizza PopTart Yogurt	<b>24</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>25</b> Cheesy Breakfast Spiral-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	<b>26</b> Cheese Omelet Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>27</b> Breakfast Bagel PopTart WG Long John Yogurt
<b>30</b> Breakfast Pizza PopTart Yogurt	Also offered daily: Toast, Muffins, Variety of Cereal, ( Cereal Bars, Nutri Grain Bars, Bagels at MS & HS) Variety of fruit and 100% juice. Variety of milk.			

**MOUNT VERNON COMMUNITY SCHOOL APRIL LUNCH MENU-WASHINGTON ELEMENTARY**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>2</b></p> <p>Grilled Chicken Sandwich Green Beans Fresh Baby Carrots Peaches Chocolate Chip Cookie</p>	<p><b>3</b></p> <p>Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges</p>	<p><b>4</b></p> <p><b>MUSTANG MEAL</b> Goldfish Crackers Diced Turkey Carrot Sticks Pineapple Early Dismissal 1:00</p>	<p><b>5</b></p> <p>Stromboli w/ Marinara Sauce Romaine Lettuce Tomatoes &amp; Cucumbers Apple Slices w/sunbutter</p>	<p><b>6</b></p> <p>Chicken Nuggets Mashed Potatoes &amp; Gravy Glazed Carrots Mandarin Oranges Dinner Roll</p>
<p><b>9</b></p> <p>Cheese Bread Sticks w/marinara sauce Green Beans Red &amp; Green Pepper Strips Applesauce</p>	<p><b>10</b></p> <p>Chili w/crackers Celery Fresh Baby Carrots Pears Cinnamon Roll</p>	<p><b>11</b></p> <p>Chicken Cheese Quesadilla Taco Fiesta Black Beans Lettuce Salad Cantaloupe</p>	<p><b>12</b></p> <p>Maidrite Potato Triangle Baked Beans Cole Slaw Green Grapes</p>	<p><b>13</b></p> <p>Grilled Cheese Sandwich ½ Baked Potato Steamed Broccoli Pineapple</p>
<p><b>16</b></p> <p>Cheeseburger Potato Wedges Lettuce Salad Peaches</p>	<p><b>17</b></p> <p>Fajita Chicken Wrap Lettuce-Shredded Cheese Refried Beans Mandarin Oranges</p>	<p><b>18</b></p> <p><b>MUSTANG MEAL</b> Goldfish Crackers Diced Turkey Carrot Sticks Pears Early Dismissal 1:00</p>	<p><b>19</b></p> <p>Mini Corn Dogs Oven Roasted Potatoes Steamed Cauliflower w/cheese Watermelon Sugar Cookie</p>	<p><b>20</b></p> <p>Popcorn Chicken Mashed Potatoes &amp; Gravy Corn Mixed Fruit Dinner Roll</p>
<p><b>23</b></p> <p>Macaroni &amp; Cheese Steamed Peas Fresh Baby Carrots Pears Apple Crisp</p>	<p><b>24</b></p> <p>Sub Sandwich Ham,Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches</p>	<p><b>25</b></p> <p>Breaded Chicken Sandwich Green Beans Cucumbers &amp; Tomatoes Red Grapes</p>	<p><b>26</b></p> <p>Cheese Pizza Lettuce Salad Broccoli/Grape Salad Pineapple</p>	<p><b>27</b></p> <p>Hot Dog French Fries Steamed Cauliflower w/cheese Apple Slices</p>
<p><b>30</b></p> <p>Spaghetti w/Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges</p>	<p align="center"><b>MUSTANG MEAL OFFERED DAILY AS AN ALTERNATIVE TO THE HOT LUNCH. IT IS THE ONLY OPTION ON EARLY DISMISSAL DAYS. A VARIETY OF PROTEIN, GRAIN, FRUIT, AND VEGGIES ARE INCLUDED THROUGHOUT THE WEEK. VARIETY OF MILK OFFERED DAILY.</b></p>			