

MOUNT VERNON COMMUNITY SCHOOL DECEMBER LUNCH MENU-WASHINGTON ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">MUSTANG MEAL OFFERED DAILY AS AN ALTERNATIVE TO THE HOT LUNCH. A VARIETY OF PROTEIN, GRAIN, FRUIT, AND VEGGIES ARE INCLUDED THROUGHOUT THE WEEK. VARIETY OF MILK OFFERED DAILY</p>				<p align="center">1 Popcorn Chicken Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll</p>
<p align="center">4 Macaroni & Cheese Steamed Peas Fresh Baby Carrots Pears Apple Crisp</p>	<p align="center">5 Sub Sandwich Ham, Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches</p>	<p align="center">6 Breaded Chicken Sandwich Green Beans Cucumbers & Tomatoes Red Grapes</p>	<p align="center">7 Cheese Pizza Lettuce Salad Broccoli/Grape Salad Pineapple</p>	<p align="center">8 Hot Dog French Fries Steamed Cauliflower w/cheese Apple Slices</p>
<p align="center">11 Spaghetti w/Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges</p>	<p align="center">12 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad Tomato Juice</p>	<p align="center">13 MUSTANG MEAL: Goldfish Crackers Turkey Carrot Sticks Cantaloupe Early Dismissal 1:00</p>	<p align="center">14 Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle</p>	<p align="center">15 Chili Crispito Refried Beans Fresh Baby Carrots Applesauce</p>
<p align="center">18 Chicken Strip Wrap Lettuce-Tomato-Cheese Green Beans Pears</p>	<p align="center">19 Beef & Bean Dip-Cheese Sauce Tortilla Chips Corn Red & Green Pepper Strips Pineapple</p>	<p align="center">20 Sloppy Joe Baked Beans Celery w/sunbutter Red & Green Grapes Holiday Cookie</p>	<p align="center">21 Garlic Cheese Bread with Marinara Sauce Lettuce Salad Peaches Early Dismissal 1:00</p>	<p align="center">22 WINTER BREAK NO SCHOOL</p>
<p align="center">25 WINTER BREAK NO SCHOOL</p>	<p align="center">26 WINTER BREAK NO SCHOOL</p>	<p align="center">27 WINTER BREAK NO SCHOOL</p>	<p align="center">28 WINTER BREAK NO SCHOOL</p>	<p align="center">29 WINTER BREAK NO SCHOOL</p>

MOUNT VERNON COMMUNITY SCHOOL DECEMBER BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
4 Breakfast Pizza PopTart Yogurt	5 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	6 Cheesy Breakfast Spiral-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	7 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	8 Breakfast Bagel PopTart WG Long John Yogurt
11 Breakfast Pizza PopTart Yogurt	12 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	13 Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt	14 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	15 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
18 Breakfast Pizza PopTart Yogurt	19 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	20 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	21 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	22 WINTER BREAK NO SCHOOL
25 WINTER BREAK NO SCHOOL	26 WINTER BREAK NO SCHOOL	27 WINTER BREAK NO SCHOOL	28 WINTER BREAK NO SCHOOL	29 WINTER BREAK NO SCHOOL

**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**