

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

MOUNT VERNON COMMUNITY SCHOOL DECEMBER LUNCH MENU-MIDDLE SCHOOL & HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">SALAD BAR WITH A VARIETY OF FRUITS AND VEGETABLES OFFERED DAILY. SACK LUNCH CONTAINING A PBJ UNCRUSTABLE, CARROTS, APPLE SLICES, CHEESE STICK, A GRAIN, MILK AND OPTIONAL YOGURT MAY BE TAKEN IN PLACE OF THE HOT LUNCH. A VARIETY OF MILK OFFERED DAILY.</p>				<p align="center">1 Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll Alt: Maidrite</p>
<p align="center">4 BBQ Meatballs Macaroni & Cheese Steamed Peas Pears Apple Crisp Alt: Chicken Panini</p>	<p align="center">5 Sub Sandwich Ham, Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches Alt: Chicken Vegetable Egg Roll</p>	<p align="center">6 Breaded Chicken Sandwich Cheesy Twice Baked Sweet Potato Green Beans Red Grapes Alt: Hot Ham on a Pretzel Bun</p>	<p align="center">7 Pizza Choice Cheese, Sausage, Chicken Ranch Lettuce Salad Broccoli/Grape Salad Pineapple NO ALT</p>	<p align="center">8 Chicken & Bean Burrito Mexican Rice Corn Apple Slices Alt: Taco Soup w/Fritos</p>
<p align="center">11 Spaghetti w/ Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges Alt: Grilled Cheese</p>	<p align="center">12 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad Tomato Juice NO Alt</p>	<p align="center">13 Hot Turkey on Bread Mashed Potatoes & Gravy Glazed Carrots Cantaloupe Alt: Chicken Cordon Bleu Wrap Early Dismissal 1:00</p>	<p align="center">14 Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle Alt: Breaded Pork Sandwich</p>	<p align="center">15 Chili Crispito Refried Beans Tex Mex Pasta Salad Applesauce Alt: Chicken Cheese Quesadilla</p>
<p align="center">18 Chicken Strip Wrap w/Ranch Lettuce-Tomato-Cheese Green Beans Pears Alt: Cheese Ravioli w/ Garlic Toast</p>	<p align="center">19 Beef & Bean Dip-Cheese Sauce Tortilla Chips Black Bean & Corn Salsa Fresh Vegetable Salad Pineapple Alt: Meatball Sub</p>	<p align="center">20 Sloppy Joe Baked Beans Red & Green Grapes Holiday Cookie Alt: Philly Cheese Steak Sandwich</p>	<p align="center">21 Turkey Tetrzzini Steamed Peas Peaches Dinner Roll Alt: Garlic Cheese Bread with Marinara Sauce 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>