

**MOUNT VERNON COMMUNITY SCHOOL FEBRUARY BREAKFAST MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>Also offered daily: Toast, Muffins, Variety of Cereal, ( Cereal Bars, Nutri Grain Bars, Bagels at MS &amp; HS) Variety of fruit and 100% juice. Variety of milk</p>			<p><b>1</b> Combo Bar Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>2</b> Egg &amp; Cheese on a Biscuit PopTart WG Long John Yogurt</p>
<p><b>5</b> Breakfast Pizza PopTart Yogurt</p>	<p><b>6</b> WG Long John Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>7</b> French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt</p>	<p><b>8</b> Cheese Omelet Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>9</b> Breakfast Bagel PopTart WG Long John Yogurt</p>
<p><b>12</b> Breakfast Pizza PopTart Yogurt</p>	<p><b>13</b> WG Long John Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>14</b> Sausage Gravy &amp; Biscuit-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt</p>	<p><b>15</b> Combo Bar Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>16</b> Egg &amp; Cheese on a Biscuit PopTart WG Long John Yogurt</p>
<p><b>19</b> Breakfast Pizza PopTart Yogurt</p>	<p><b>20</b> WG Long John Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>21</b> Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt</p>	<p><b>22</b> Cheese Omelet Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>23</b> Breakfast Bagel PopTart WG Long John Yogurt</p>
<p><b>26</b> Breakfast Pizza PopTart Yogurt</p>	<p><b>27</b> WG Long John Fruit Smoothie-HS/MS Fruit &amp; Yogurt Parfait-ES/MS</p>	<p><b>28</b> French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>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.</b></p>			<p><b>1</b></p> <p align="center">Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle</p>	<p><b>2</b></p> <p align="center">Chili Crispito Refried Beans Fresh Baby Carrots Applesauce</p>
<p><b>5</b></p> <p align="center">Chicken Strip Wrap Lettuce-Tomato-Cheese Green Beans Pears</p>	<p><b>6</b></p> <p align="center">Beef &amp; Bean Dip-Cheese Sauce Tortilla Chips Corn Red &amp; Green Pepper Strips Pineapple</p>	<p><b>7</b></p> <p align="center"><b>MUSTANG MEAL:</b> Goldfish Crackers Diced Turkey Carrot Sticks Red &amp; Green Grapes Rice Krispy Treat Early Dismissal 1:00</p>	<p><b>8</b></p> <p align="center">Garlic Cheese Bread with Marinara Sauce Lettuce Salad Watermelon</p>	<p><b>9</b></p> <p align="center">Hot Dog French Fries Steamed Cauliflower w/cheese Applesauce</p>
<p><b>12</b></p> <p align="center">Grilled Chicken Sandwich Green Beans Fresh Baby Carrots Peaches Chocolate Chip Cookie</p>	<p><b>13</b></p> <p align="center">Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges</p>	<p><b>14</b></p> <p align="center">Grilled Cheese Sandwich Peas Lettuce Salad Apple Slices</p>	<p><b>15</b></p> <p align="center">Chicken Nuggets Mashed Potatoes &amp; Gravy Glazed Carrots Fresh Strawberries Dinner Roll</p>	<p><b>16</b></p> <p align="center">Shrimp Poppers Tater Tots Broccoli w/cheese Mandarin Oranges</p>
<p><b>19</b></p> <p align="center">Chicken Cheese Quesadilla Taco Fiesta Black Beans Lettuce Salad Peaches</p>	<p><b>20</b></p> <p align="center">Chili w/crackers Celery Fresh Baby Carrots Pears Cinnamon Roll</p>	<p><b>21</b></p> <p align="center"><b>MUSTANG MEAL:</b> Goldfish Crackers Diced Turkey Carrot Sticks Pineapple Early Dismissal 1:00</p>	<p><b>22</b></p> <p align="center">Maidrite Potato Triangle Cauliflower w/cheese sauce Green Grapes</p>	<p><b>23</b></p> <p align="center">Cheese Bread Sticks w/marinara sauce Green Beans Red &amp; Green Pepper Strips Applesauce</p>
<p><b>26</b></p> <p align="center">Cheeseburger Potato Wedges Cherry Tomato &amp; Corn Salad Peaches</p>	<p><b>27</b></p> <p align="center">Fajita Chicken Wrap Lettuce-Shredded Cheese Refried Beans Mandarin Oranges</p>	<p><b>28</b></p> <p align="center">Beef Ravioli with cheese Romaine Lettuce Cottage Cheese Strawberry/Banana Applesauce Garlic Bread Stick</p>		