

MOUNT VERNON COMMUNITY SCHOOL FEBRUARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>			<p>1 Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>2 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt</p>
<p>5 Breakfast Pizza PopTart Yogurt</p>	<p>6 WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>7 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt</p>	<p>8 Cheese Omelet Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>9 Breakfast Bagel PopTart WG Long John Yogurt</p>
<p>12 Breakfast Pizza PopTart Yogurt</p>	<p>13 WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>14 Sausage Gravy & Biscuit-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt</p>	<p>15 Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>16 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt</p>
<p>19 Breakfast Pizza PopTart Yogurt</p>	<p>20 WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>21 Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt</p>	<p>22 Cheese Omelet Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>23 Breakfast Bagel PopTart WG Long John Yogurt</p>
<p>26 Breakfast Pizza PopTart Yogurt</p>	<p>27 WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS</p>	<p>28 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt</p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">SALAD BAR WITH A VARIETY OF FRUITS AND VEGETABLES OFFERED DAILY WITH LUNCH. 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. VARIETY OF MILK OFFERED DAILY.</p>			<p align="center">1</p> <p align="center">Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle Alt: Breaded Pork Sandwich</p>	<p align="center">2</p> <p align="center">Chili Crispito Refried Beans Tex Mex Pasta Salad Applesauce Alt: Chicken Cheese Quesadilla</p>
<p align="center">5</p> <p align="center">Chicken Strip Wrap w/Ranch Lettuce-Tomato-Cheese Green Beans Pears Alt: Cheese Ravioli w/ Garlic Toast</p>	<p align="center">6</p> <p align="center">Beef & Bean Dip-Cheese Sauce Tortilla Chips Black Bean & Corn Salsa Fresh Vegetable Salad Pineapple Alt: Meatball Sub</p>	<p align="center">7</p> <p align="center">Sloppy Joe Baked Beans Red & Green Grapes Rice Crispy Bar Alt: Philly Cheese Steak Sandwich Early Dismissal 1:00</p>	<p align="center">8</p> <p align="center">Turkey Tetrazzini Steamed Peas Watermelon Dinner Roll Alt: Garlic Cheese Bread with Marinara Sauce</p>	<p align="center">9</p> <p align="center">Hot Dog French Fries Steamed Cauliflower w/cheese Applesauce Alt: BBQ Rib Sandwich</p>
<p align="center">12</p> <p align="center">Italian Grilled Chicken Sandwich Savory Rice Green Beans Peaches Chocolate Chip Cookie Alt: Cheese Tortellini & Spinach Soup w/ Garlic Bread Stick</p>	<p align="center">13</p> <p align="center">Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges Alt: Chicken Enchilada</p>	<p align="center">14</p> <p align="center">Stromboli Marinara Sauce Romaine Lettuce Tomatoes & Cucumbers Apple Slices Alt: Fish Sandwich</p>	<p align="center">15</p> <p align="center">Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Fresh Strawberries Dinner Roll Alt: Salisbury Steak</p>	<p align="center">16</p> <p align="center">Shrimp Poppers Tater Tots Broccoli w/cheese Mandarin Oranges Alt: Chicken Fried Rice</p>
<p align="center">19</p> <p align="center">Chicken Stir Fry Brown Rice Stir Fry Veggies Peaches Alt: French Dip Sandwich</p>	<p align="center">20</p> <p align="center">Chili w/ crackers Celery Pears Cinnamon Roll Alt: Chicken Parmesan on Garlic Toast</p>	<p align="center">21</p> <p align="center">Pulled Pork Sandwich Potato Triangle Baked Beans Cole Slaw Green Grapes Alt: Chicken Caesar Wrap Early Dismissal 1:00</p>	<p align="center">22</p> <p align="center">Baked Potato Bar w/dinner roll Shredded Cheddar, Diced Ham Steamed Broccoli Pineapple Alt: Grilled Ham & Cheese Sandwich</p>	<p align="center">23</p> <p align="center">Cheese Bread Sticks Marinara Sauce Green Beans Red & Green Pepper Strips Applesauce Alt: Fish Sandwich</p>
<p align="center">26</p> <p align="center">Cheeseburger Potato Wedges Cherry Tomato & Corn Salad Peaches Alt: Broccoli Cheese Soup with crackers</p>	<p align="center">27</p> <p align="center">Fajita Chicken Wrap Lettuce-Shredded Cheese Taco Fiesta Black Beans Mandarin Oranges Alt: Fish Tacos</p>	<p align="center">28</p> <p align="center">Italian Pasta Romaine Lettuce Strawberry/Banana Applesauce Garlic Bread Stick Alt: Chicken & Spinach Alfredo</p>		