

**MOUNT VERNON COMMUNITY SCHOOL JANUARY BREAKFAST MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1  <b>WINTER BREAK NO SCHOOL</b>	2  <b>WINTER BREAK NO SCHOOL</b>	3  <b>NO SCHOOL</b>	4  Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	5  Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
8  Breakfast Pizza PopTart Yogurt	9  WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	10  Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt	11  Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	12  Breakfast Bagel PopTart WG Long John Yogurt
15  Breakfast Pizza PopTart Yogurt	16  WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	17  French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	18  Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	19  <b>NO SCHOOL</b>
22  Breakfast Pizza PopTart Yogurt	23  WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	24  Cheesy Breakfast Spiral-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	25  Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	26  Breakfast Bagel PopTart WG Long John Yogurt
29  Breakfast Pizza PopTart Yogurt	30  WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	31  Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS 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 JANUARY LUNCH MENU-WASHINGTON ELEMENTARY**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1  <b>WINTER BREAK NO SCHOOL</b>	2  <b>WINTER BREAK NO SCHOOL</b>	3  <b>NO SCHOOL</b>	4  Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges	5  Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges Dinner Roll
8  Cheese Bread Sticks w/marinara sauce Green Beans Red & Green Pepper Strips Applesauce	9  Chili w/crackers Celery Fresh Baby Carrots Pears Cinnamon Roll	10  Chicken Cheese Quesadilla Taco Fiesta Black Beans Lettuce Salad Cantaloupe	11  Maidrite Potato Triangle Baked Beans Cole Slaw Green Grapes	12  Grilled Cheese Sandwich ½ Baked Potato Steamed Broccoli Pineapple
15  Beef Ravioli with cheese Romaine Lettuce Cottage Cheese Peaches Garlic Bread Stick	16  Fajita Chicken Wrap Lettuce-Shredded Cheese Refried Beans Applesauce	17  Cheeseburger Potato Wedges Fresh Baby Carrots Mandarin Oranges	18  Popcorn Chicken Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll	19  <b>NO SCHOOL</b>
22  Macaroni & Cheese Steamed Peas Fresh Baby Carrots Pears Apple Crisp	23  Sub Sandwich Ham,Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches	24  Breaded Chicken Sandwich Green Beans Cucumbers & Tomatoes Red Grapes	25  Cheese Pizza Lettuce Salad Broccoli/Grape Salad Pineapple	26  Mini Corn Dogs Oven Roasted Potatoes Steamed Cauliflower w/cheese Watermelon Sugar Cookie
29  Spaghetti w/Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges	30  French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad	31  Turkey & Cheese Wrap Glazed Carrots Fresh Cauliflower w/Ranch Honey Dew Melon	<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>	