

MOUNT VERNON COMMUNITY SCHOOL JANUARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WINTER BREAK NO SCHOOL	2 WINTER BREAK NO SCHOOL	3 NO SCHOOL	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 NO SCHOOL
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-MIDDLE SCHOOL & HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">1</p> <p align="center">WINTER BREAK NO SCHOOL</p>	<p align="center">2</p> <p align="center">WINTER BREAK NO SCHOOL</p>	<p align="center">3</p> <p align="center">NO SCHOOL</p>	<p align="center">4</p> <p align="center">Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges Alt: Chicken Enchilada</p>	<p align="center">5</p> <p align="center">Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges Dinner Roll Alt: Salisbury Steak</p>
<p align="center">8</p> <p align="center">Cheese Bread Sticks Marinara Sauce Green Beans Red & Green Pepper Strips Applesauce Alt: Chicken Parmesan on Garlic Toast</p>	<p align="center">9</p> <p align="center">Chili w/ crackers Celery Pears Cinnamon Roll Alt: French Dip Sandwich</p>	<p align="center">10</p> <p align="center">Chicken Stir Fry Brown Rice Stir Fry Veggies Cantaloupe Alt: Fish Sandwich</p>	<p align="center">11</p> <p align="center">Pulled Pork Sandwich Potato Triangle Baked Beans Cole Slaw Green Grapes Alt: Chicken Caesar Wrap</p>	<p align="center">12</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">15</p> <p align="center">Italian Pasta Romaine Lettuce Mandarin Oranges Garlic Bread Stick Alt: Chicken & Spinach Alfredo</p>	<p align="center">16</p> <p align="center">Fajita Chicken Wrap Lettuce-Shredded Cheese Taco Fiesta Black Beans Applesauce Alt: Fish Tacos</p>	<p align="center">17</p> <p align="center">Cheeseburger Potato Wedges Cucumber/Tomato Salad Peaches Alt: Broccoli Cheese Soup with crackers</p>	<p align="center">18</p> <p align="center">Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll Alt: Maidrite</p>	<p align="center">19</p> <p align="center">NO SCHOOL</p>
<p align="center">22</p> <p align="center">BBQ Meatballs Macaroni & Cheese Steamed Peas Pears Apple Crisp Alt: Chicken Panini</p>	<p align="center">23</p> <p align="center">Sub Sandwich Ham, Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches Alt: Chicken Vegetable Egg Roll</p>	<p align="center">24</p> <p align="center">Breaded Chicken Sandwich Cheesy Twice Baked Sweet Potato Green Beans Red Grapes Alt: Hot Ham on a Pretzel Bun</p>	<p align="center">25</p> <p align="center">Pizza Choice Cheese, Sausage, Chicken Ranch Lettuce Salad Broccoli/Grape Salad Pineapple NO ALT</p>	<p align="center">26</p> <p align="center">Corn Dog Oven Roasted Potatoes Steamed Cauliflower w/ cheese Watermelon Sugar Cookie Alt: Cuban Sandwich</p>
<p align="center">29</p> <p align="center">Spaghetti w/ Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges Alt: Grilled Cheese</p>	<p align="center">30</p> <p align="center">French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad NO Alt</p>	<p align="center">31</p> <p align="center">Hot Turkey on Bread Mashed Potatoes & Gravy Glazed Carrots Honey Dew Melon Alt: Chicken Cordon Bleu Wrap</p>	<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>	