

**MOUNT VERNON COMMUNITY SCHOOL MAY BREAKFAST MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>2</b> Pancakes Pop Tart Yogurt	<b>3</b> Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>4</b> Cheese Omelet PopTart WG Long John Yogurt
<b>7</b> Breakfast Pizza PopTart Yogurt	<b>8</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>9</b> French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	<b>10</b> Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>11</b> Cheese Omelet PopTart WG Long John Yogurt
<b>14</b> Breakfast Pizza PopTart Yogurt	<b>15</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>16</b> Pancakes Pop Tart Yogurt	<b>17</b> Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>18</b> Cheese Omelet PopTart WG Long John Yogurt
<b>21</b> Breakfast Pizza PopTart Yogurt	<b>22</b> WG Long John Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>23</b> French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	<b>24</b> Combo Bar Fruit Smoothie-HS/MS Fruit & Yogurt Parfait-ES/MS	<b>25</b> Cheese Omelet PopTart WG Long John Yogurt
<b>28</b>  <b>NO SCHOOL</b>	<b>29</b> WG Long John Pop Tart Yogurt	<b>30</b> Cereal Toast Fresh Fruit		

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 MAY LUNCH MENU-WASHINGTON ELEMENTARY**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b> French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad	<b>2</b> Mustang Meal Goldfish Crackers Diced Turkey Carrot Sticks Pears Early Dismissal 1:00	<b>3</b> Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle	<b>4</b> Chili Crispito Refried Beans Corn Applesauce
<b>7</b> Chicken Strip Wrap Lettuce-Tomato-Cheese Green Beans Pears	<b>8</b> Beef & Bean Dip-Cheese Sauce Tortilla Chips Carrot Sticks Red & Green Pepper Strips Pineapple	<b>9</b> Sloppy Joe Baked Beans Celery w/sunbutter Red & Green Grapes Cookie	<b>10</b> Grilled Cheese Sandwich Steamed Peas Lettuce Salad Watermelon	<b>11</b> Shrimp Poppers Tater Tots Broccoli w/cheese Applesauce Dinner Roll
<b>14</b> Grilled Chicken Sandwich Green Beans Fresh Baby Carrots Peaches	<b>15</b> Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges	<b>16</b> Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges Dinner Roll	<b>17</b> Maidrite French Fries Cauliflower w/cheese sauce Pineapple	<b>18</b> Stromboli w/ Marinara Sauce Romaine Lettuce Tomatoes & Cucumbers Apple Slices w/sunbutter
<b>21</b> Hot Dog Potato Triangle Baked Beans Applesauce	<b>22</b> Breaded Chicken Sandwich Baked Potato Fresh Baby Carrots Red Grapes	<b>23</b> Cheese Pizza Lettuce Salad Pineapple	<b>24</b> Cheeseburger Potato Wedges Broccoli w/cheese sauce Peaches	<b>25</b> Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Pears Dinner Roll
<b>28</b> NO SCHOOL	<b>29</b> Mustang Meal Goldfish Crackers Cheese Carrot Sticks Fruit	<b>30</b> LAST DAY! Early Dismissal 1:00	MUSTANG MEAL OFFERED DAILY AS AN ALTERNATIVE TO THE HOT LUNCH. IT IS THE ONLY OPTION ON EARLY DISMISSAL DAYS. A VARIETY OF PROTEIN, GRAIN, FRUIT, AND VEGGIES ARE INCLUDED THROUGHOUT THE WEEK. VARIETY OF MILK OFFERED DAILY.	