

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">1</p> <p align="center">French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad NO Alt</p>	<p align="center">2</p> <p align="center">Hot Turkey on Bread Mashed Potatoes & Gravy Glazed Carrots Peaches Alt: Chicken Cordon Bleu Wrap Early Dismissal 1:00</p>	<p align="center">3</p> <p align="center">Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle Alt: Breaded Pork Sandwich</p>	<p align="center">4</p> <p align="center">Chili Crispito Refried Beans Corn Applesauce Alt: Chicken Cheese Quesadilla</p>
<p align="center">7</p> <p align="center">Chicken Strip Wrap w/Ranch Lettuce-Tomato-Cheese Green Beans Pears Alt: Hot Ham on a Pretzel Bun</p>	<p align="center">8</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">9</p> <p align="center">Sloppy Joe Baked Beans Red & Green Grapes Cookie Alt: Philly Cheese Steak Sandwich</p>	<p align="center">10</p> <p align="center">Turkey Tetrazzini Steamed Peas Watermelon Dinner Roll Alt: Chicken Parmesan on Garlic Toast</p>	<p align="center">11</p> <p align="center">Shrimp Poppers Tater Tots Broccoli w/cheese Applesauce Biscuit & Jelly Alt: Chicken Fried Rice</p>
<p align="center">14</p> <p align="center">Italian Grilled Chicken Sandwich Savory Rice Green Beans Peaches Alt: Cheese Ravioli w/ Garlic Toast</p>	<p align="center">15</p> <p align="center">Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges Alt: Chicken Enchilada</p>	<p align="center">16</p> <p align="center">Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges Dinner Roll Alt: Salisbury Steak</p>	<p align="center">17</p> <p align="center">Maid Rite French Fries Cauliflower w/cheese sauce Pineapple Alt: BBQ Rib Sandwich HIGH SCHOOL COOKOUT</p>	<p align="center">18</p> <p align="center">Stromboli Marinara Sauce Romaine Lettuce Tomatoes & Cucumbers Apple Slices Alt: Vegetable Stromboli</p>
<p align="center">21</p> <p align="center">Hot Dog Potato Triangle Baked Beans Applesauce NO ALTERNATE</p>	<p align="center">22</p> <p align="center">Breaded Chicken Sandwich Baked Potato Fresh Baby Carrots Red Grapes NO ALTERNATE</p>	<p align="center">23</p> <p align="center">Pizza Choice Cheese, Sausage, Chicken Ranch Lettuce Salad Pineapple NO ALTERNATE</p>	<p align="center">24</p> <p align="center">Cheeseburger Potato Wedges Broccoli w/cheese sauce Peaches NO ALTERNATE</p>	<p align="center">25</p> <p align="center">Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Pears Dinner Roll NO ALTERNATE</p>
<p align="center">28</p> <p align="center">NO SCHOOL</p>	<p align="center">29</p> <p align="center">Garlic Cheese Bread w/Marinara Sauce Lettuce Salad Fresh Baby Carrots Fruit NO ALTERNATE</p>	<p align="center">30</p> <p align="center">Deli Sandwich Chips Fresh Veggies Fruit LAST DAY! Early Dismissal 1:00</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>	

MOUNT VERNON COMMUNITY SCHOOL MAY BREAKFAST MENU

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