

September Menus 2017

Mount Vernon Middle School and Mount Vernon High School

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast Bagel PopTart WG Long John Yogurt
4 NO SCHOOL	5 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	6 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	7 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	8 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
11 Breakfast Pizza PopTart Yogurt	12 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	13 Cheesy Breakfast Spiral-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	14 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	15 Breakfast Bagel PopTart WG Long John Yogurt
18 Breakfast Pizza PopTart Yogurt	19 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	20 Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt	21 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	22 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
25 Breakfast Pizza PopTart Yogurt	26 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	27 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	28 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	29 Breakfast Bagel PopTart WG Long John 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

To make a complete breakfast you MUST take at least 3 items offered, but no more than 5 items. One of the items MUST be a fruit or juice.

Less than 3 or more than 5 will be charged as a la carte.

NOTE: If no fruit or juice is chosen, all items will be charged a la carte

CHOOSING A COMPLETE BREAKFAST IF YOUR BEST VALUE

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Potato Bar w/dinner roll Shredded Cheddar, Diced Ham Steamed Broccoli Pineapple Alt: Grilled Ham & Cheese Sandwich
4 NO SCHOOL	5 Cheeseburger Potato Wedges Cherry Tomato & Corn Salad Peaches Alt: Broccoli Cheese Soup with crackers	6 Italian Pasta Romaine Lettuce Strawberry/Banana Applesauce Garlic Bread Stick Alt: Chicken & Spinach Alfredo Early Dismissal 1:00	7 Corn Dog Oven Roasted Potatoes Steamed Cauliflower w/ cheese Watermelon Sugar Cookie Alt: Cuban Sandwich	8 Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll Alt: Maltite
11 BBQ Meatballs Macaroni & Cheese Steamed Peas Pears Apple Crisp Alt: Chicken Panini	12 Sub Sandwich Ham, Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches Alt: Chicken Vegetable Egg Roll	13 Breaded Chicken Sandwich Cheesy Twice Baked Sweet Potato Green Beans Red Grapes Alt: Hot Ham on a Pretzel Bun	14 Pizza Choice Cheese, Sausage, Chicken Ranch Lettuce Salad Broccoli/Grape Salad Pineapple NO ALT	15 Chicken & Bean Burrito Mexican Rice Corn Apple Slices Alt: Taco Soup w/Fritos
18 Spaghetti w/ Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges Alt: Grilled Cheese	19 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad NO Alt	20 Hot Turkey on Bread Mashed Potatoes & Gravy Glazed Carrots Honey Dew Melon Alt: Chicken Cordon Bleu Wrap Early Dismissal 1:00	21 Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle Alt: Breaded Pork Sandwich	22 Chili Crispito Refried Beans Tex Mex Pasta Salad Applesauce Alt: Chicken Cheese Quesadilla
25 Chicken Strip Wrap w/Ranch Lettuce-Tomato-Cheese Green Beans Pears Alt: Cheese Ravioli w/ Garlic Toast	26 Beef & Bean Dip-Cheese Sauce Tortilla Chips Black Bean & Corn Salsa Fresh Vegetable Salad Pineapple Alt: Meatball Sub	27 Sloppy Joe Baked Beans Red & Green Grapes Rice Crispy Pie Alt: Philly Cheese Steak Sandwich	28 Turkey Tetrzini Steamed Peas Watermelon Dinner Roll Alt: Garlic Cheese Bread with Marinara Sauce	29 Shrimp Poppers Tater Tots Broccoli w/cheese Applesauce Biscuit & Jelly Alt: Chicken Fried Rice

SALAD BAR WITH A VARIETY OF FRUITS AND VEGETABLES OFFERED DAILY.

A 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