

May Menus

Mount Vernon Middle School and Mount Vernon High School

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bagel w/cream cheese	2 Breakfast Pizza	3 Sausage Patties	4 Cheese Omelet	5 French Toasts Sticks
8 Bagel w/cream cheese	9 Breakfast Pizza	10 Apple Filled Breadstick	11 Combo Bar	12 Sausage Links
15 Bagel w/cream cheese	16 Breakfast Pizza	17 Sausage Gravy & Biscuit	18 Cheese Omelet	19 French Toasts Sticks
22 Bagel w/cream cheese	23 Breakfast Pizza	24 Combo Bar	25	26
29	30	31		

Also Offered Daily: Variety of grains, 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, and one of those items MUST be a fruit or juice.

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

IMPORTANT: If no fruit or juice is chosen, all items will be charged a la carte even if you have the required 3 to 5 items.

CHOOSING A COMPLETE BREAKFAST IS YOUR BEST VALUE

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Bread Sticks w/marinara sauce Romaine Lettuce Tomatoes & Cucumbers Mandarin Oranges Alt: Chicken Panini	2 Beef & Bean Dip-Cheese Sauce Tortilla Chips Black Bean & Corn Salsa Fresh Vegetable Salad Cantaloupe Pineapple Alt: Meatball Sub	3 Hot Turkey on Bread Mashed Potatoes & Gravy Green Bean Casserole Apple Slices w/sunbutter Mixed Fruit Alt: Chicken Cordon Bleu Wrap	4 Chicken Tetraxini Peas Glazed Carrots Watermelon Peaches Chocolate Chip Cookie Alt: Maidrite	5 Breaded Pork Sandwich French Fries Broccoli/Cauliflower Peas Orange Wedges Alt: BBQ Rib Sandwich
8 Spaghetti w/ Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce w/spinach Mandarin Oranges Alt: Fish Sandwich	9 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Orange Juice Apple/Raisin Salad	10 Sloppy Joe Baked Beans Fresh Baby Carrots Green Grapes Peaches Alt: Philly Cheese Steak Sandwich	11 Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle Alt: Grilled Chees	12 Shrimp Poppers Cheesy Potatoes Peas Applesauce Biscuit & Jelly Alt: Hot Ham on a Pretzel Roll
15 Italian Grilled Chicken Sandwich Savory Rice Green Beans Fruit Cookie NO ALT	16 Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Fruit NO ALT	17 Hot Dog French Fries Steamed Broccoli w/cheese Fruit NO ALT	18 Stromboli Romaine Lettuce Tomatoes & Cucumbers Fruit NO ALT	19 Chicken Nuggets Mashed Potatoes & Gravy Steamed Asparagus Fruit Dinner Roll NO ALT
22 Chicken Strip Wrap Lettuce-Tomato-Cheese Green Beans Fruit NO ALT	23 Cheeseburger on Bun Potato Wedges Steamed Cauliflower w/ cheese Fruit NO ALT	24 Pizza (Cheese or Sausage) Lettuce Salad Fresh Baby Carrots Fruit	25 Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Fruit	26 Sub Sandwich (Turkey, Ham, Cheese) Chips Fresh Veggies Fruit
29	30	31		Salad Bar offered daily. Variety of milk offered daily.

Salad Bar offering a variety of fruits and vegetables offered daily. Variety of milk offered daily.