

MOUNT VERNON COMMUNITY SCHOOL OCTOBER LUNCH MENU-WASHINGTON ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Grilled Chicken Sandwich Green Beans Fresh Baby Carrots Peaches Chocolate Chip Cookie</p>	<p>3 Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges</p>	<p>4 MUSTANG MEAL: Goldfish Crackers Turkey Carrot Sticks Fresh Strawberries Yogurt Early Dismissal 1:00</p>	<p>5 Stromboli w/ Marinara Sauce Romaine Lettuce Tomatoes & Cucumbers Apple Slices w/sunbutter</p>	<p>6 Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Mandarin Oranges Dinner Roll</p>
<p>9 Cheese Bread Sticks w/marinara sauce Green Beans Red & Green Pepper Strips Applesauce</p>	<p>10 Chicken Noodle Soup Steamed Peas Fresh Baby Carrots Pears Cinnamon Roll</p>	<p>11 Chicken Cheese Quesadilla Taco Fiesta Black Beans Celery w/Sunbutter Cantaloupe</p>	<p>12 Maidrite Potato Triangle Baked Beans Cole Slaw Green Grapes</p>	<p>13 Grilled Cheese Sandwich ½ Baked Potato Steamed Broccoli Pineapple</p>
<p>16 Cheeseburger Potato Wedges Cherry Tomato & Corn Salad Peaches</p>	<p>17 Beef Ravioli with cheese Romaine Lettuce Cottage Cheese Applesauce Garlic Bread Stick</p>	<p>18 MUSTANG MEAL: Goldfish Crackers Turkey Carrot Sticks Mandarin Oranges Yogurt Early Dismissal 1:00</p>	<p>19 Mini Corn Dogs Oven Roasted Potatoes Steamed Cauliflower w/cheese Watermelon Sugar Cookie</p>	<p>20 Popcorn Chicken Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll</p>
<p>23 Macaroni & Cheese Steamed Peas Fresh Baby Carrots Pears Apple Crisp</p>	<p>24 Sub Sandwich Ham,Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches</p>	<p>25 Breaded Chicken Sandwich Green Beans Cucumbers & Tomatoes Red Grapes</p>	<p>26 Cheese Pizza Lettuce Salad Broccoli/Grape Salad Pineapple</p>	<p>27 NO SCHOOL</p>
<p>30 Spaghetti w/Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges</p>	<p>31 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad</p>	<p align="center">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.</p>		

MOUNT VERNON COMMUNITY SCHOOL OCTOBER BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Pizza PopTart Yogurt	3 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	4 Sausage Gravy & Biscuit-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	5 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	6 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
9 Breakfast Pizza PopTart Yogurt	10 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	11 Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt	12 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	13 Breakfast Bagel PopTart WG Long John Yogurt
16 Breakfast Pizza PopTart Yogurt	17 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	18 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	19 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	20 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
23 Breakfast Pizza PopTart Yogurt	24 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	25 Cheesy Breakfast Spiral-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	26 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	27 NO SCHOOL
30 Breakfast Pizza PopTart Yogurt	31 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS			

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