

**MOUNT VERNON COMMUNITY SCHOOL OCTOBER LUNCH MENU-MIDDLE SCHOOL & HIGH SCHOOL**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>2 Italian Grilled Chicken Sandwich Savory Rice Green Beans Peaches Chocolate Chip Cookie Alt: Cheese Tortellini &amp; Spinach Soup w/ Garlic Bread Stick</p>	<p>3 Walking Taco Lettuce-Tomato-Cheese Refried Beans Corn Orange Wedges Alt: Chicken Enchilada</p>	<p>4 Hot Dog French Fries Steamed Cauliflower w/cheese Fresh Strawberries Alt: BBQ Rib Sandwich  EARLY DISMISSAL 1:00</p>	<p>5 Stromboli Marinara Sauce Romaine Lettuce Tomatoes &amp; Cucumbers Apple Slices Alt: Vegetable Stromboli</p>	<p>6 Chicken Nuggets Mashed Potatoes &amp; Gravy Glazed Carrots Mandarin Oranges Dinner Roll Alt: Salisbury Steak</p>
<p>9 Cheese Bread Sticks Marinara Sauce Green Beans Red &amp; Green Pepper Strips Applesauce Alt: Chicken Parmesan on Garlic Toast</p>	<p>10 Chili w/ crackers Celery Pears Cinnamon Roll Alt: French Dip Sandwich</p>	<p>11 Chicken Stir Fry Brown Rice Stir Fry Veggies Cantaloupe Alt: Fish Sandwich</p>	<p>12 Pulled Pork Sandwich Potato Triangle Baked Beans Cole Slaw Green Grapes Alt: Chicken Caesar Wrap</p>	<p>13 Baked Potato Bar w/dinner roll Shredded Cheddar, Diced Ham Steamed Broccoli Pineapple Alt: Grilled Ham &amp; Cheese Sandwich</p>
<p>16 Cheeseburger Potato Wedges Cherry Tomato &amp; Corn Salad Peaches Alt: Broccoli Cheese Soup with crackers</p>	<p>17 Fajita Chicken Wrap Lettuce-Shredded Cheese Taco Fiesta Black Beans Mandarin Oranges Alt: Fish Tacos</p>	<p>18 Italian Pasta Romaine Lettuce Strawberry/Banana Applesauce Garlic Bread Stick Alt: Chicken &amp; Spinach Alfredo  EARLY DISMISSAL 1:00</p>	<p>19 Corn Dog Oven Roasted Potatoes Steamed Cauliflower w/ cheese Watermelon Sugar Cookie Alt: Cuban Sandwich</p>	<p>20 Popcorn Chicken Bowl Mashed Potatoes &amp; Gravy Corn Mixed Fruit Dinner Roll Alt: Maidrite</p>
<p>23 BBQ Meatballs Macaroni &amp; Cheese Steamed Peas Pears Apple Crisp Alt: Chicken Panini</p>	<p>24 Sub Sandwich Ham, Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches Alt: Chicken Vegetable Egg Roll</p>	<p>25 Breaded Chicken Sandwich Cheesy Twice Baked Sweet Potato Green Beans Red Grapes Alt: Hot Ham on a Pretzel Bun</p>	<p>26 Pizza Choice Cheese, Sausage, Chicken Ranch Lettuce Salad Broccoli/Grape Salad Pineapple  NO ALT</p>	<p>27  <b>NO SCHOOL</b></p>
<p>30 Spaghetti w/ Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges Alt: Grilled Cheese</p>	<p>31 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad NO Alt</p>	<p align="center"><b>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.</b></p>		

**MOUNT VERNON COMMUNITY SCHOOL OCTOBER BREAKFAST MENU**

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