



BREAKFAST

MARCH 2024

JR HIGH

ALTERNATE MEAL
Pop Tart & String Cheese
Fruit of the Day
Fruit Juice
Low Fat Milk

Monday



Tuesday



Wednesday



Thursday



Friday

Cheesy Egg Omelet
Toast & Jelly
Diced Pears
Fruit Juice
Low Fat Milk

Mini Chocolate Donuts
Flavored Applesauce
Fruit Juice
Low Fat Milk

Goody Bun
Pineapple Tidbits
Fruit Juice
Low Fat Milk

Waffle Sticks w/Syrup,
Grapes
Fruit Juice,
Low Fat Milk

Breakfast Sausage Pizza
Diced Peaches
Fruit Juice,
Low Fat Milk

Chicken Biscuit
Rosy Red Pears
Fruit Juice
Low Fat Milk

PB & J Uncrustable
Flavored Applesauce
Fruit Juice
Low Fat Milk

Super Donut
Mandarin Oranges
Fruit Juice
Low Fat Milk

Piggie Stick w Syrup,
Fresh Orange Wedges
Fruit Juice,
Low Fat Milk

Bacon Scramble Pizza
Mixed Fruit
Fruit Juice,
Low Fat Milk

Egg & Cheese Biscuit
Diced Pears
Fruit Juice
Low Fat Milk

Muffin
String Cheese
Flavored Applesauce
Fruit Juice,
Low Fat Milk

Cinnamon Roll
Pineapple Tidbits
Fruit Juice
Low Fat Milk

Pancakes & Syrup
Apple Wedges
Fruit Juice
Low Fat Milk

Biscuit & Gravy
Mixed Fruit
Fruit Juice,
Low Fat Milk

**SPRING BREAK
NO SCHOOL**

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MSD OF MT VERNON IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MEALS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

Monday

Tuesday

Wednesday

Thursday

Friday

Mini Corn Dogs
Baby Bakers
Baked Beans
Mandarin Oranges
Low Fat Milk

Chicken on the Beach
Chips & Salsa
Refried Beans
Mixed Fruit
Low Fat Milk

Chicken Nuggets
Mashed Potatoes & Gravy
Seasoned Green Beans
WG Roll,
Rosy Red Pears
Low Fat Milk

BBQ OR Ham & Cheese Cup
Baked Potato
Seasoned Broccoli
WG Breadstick
Apple Wedges
Low Fat Milk

Toasted Cheese Sandwich
Dragon Juice
Green Beans
Flavored Applesauce
Low Fat Milk

Cheesy Omelet
French Toast Sticks
Potato Smiles
Dragon Juice
Spiced Apples
Low Fat Milk

Stromboli on Hoagie
Oven Fries
Fresh Carrot Sticks
Pineapple Tidbits
Low Fat Milk

Beef Taco w/Cheese & Lettuce,
Refried Beans,
Seasoned Corn,
WG Shell,
Diced Peaches
Low Fat Milk

Chicken Parmesan
Romaine Salad w/tomatoes
Dragon Juice
WG Roll,
Diced Pears
Low Fat Milk

Salisbury Steak
Mashed Potatoes & Gravy
Seasoned Broccoli
Grapes
WG Roll
Low Fat Milk

Breaded Mozzarella Sticks
Green Beans
Fresh Cucumbers & Tomatoes
Flavored Applesauce
Low Fat Milk

BBQ Pulled Pork on Bun
Baked Beans
Baby Bakers
Mandarin Oranges
Low Fat Milk

Chili w/Peanut Butter Sandwich or
Bosco Stick
Celery w/Peanut Butter or Ranch
Potato Smiles
Mixed Fruit
Low Fat Milk

Chicken Smackers
Mashed Potatoes & Gravy
Seasoned Green Beans
WG Roll,
Rosy Red Pears
Low Fat Milk

Lasagna w/Marinara Sauce
WG Breadstick
Romaine Salad w/tomatoes
Dragon Juice
Apple Wedges
Low Fat Milk

Fish Sticks
Oven Fries
Coleslaw
Hush Puppies
Applesauce
Low Fat Milk

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