

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 STAFF ONLY NO STUDENTS	9 Yogurt & Fruit Parfait, (Frozen Strawberries) Fruit Juice, Low Fat Milk	10 WG Donut, Red Applesauce Fruit Juice Low Fat Milk	11 Cinnamon Toast Sticks w/Syrup OR Cereal, Grapes Fruit Juice, Low Fat Milk	12 Bacon Scramble Pizza Diced Peaches Fruit Juice, Low Fat Milk
15 Sausage Biscuit Diced Pears Fruit Juice Low Fat Milk	16 PB & J Uncrustable OR Cereal Pineapple Tidbits Fruit Juice Low Fat Milk	17 Cinnamon Roll Applesauce Fruit Juice Low Fat Milk	18 Waffle Sticks w/Syrup, Apple Wedges Fruit Juice, Low Fat Milk	19 Breakfast Sausage Pizza Mixed Fruit Fruit Juice, Low Fat Milk
22 Egg & Cheese Biscuit Rosy Red Pears Fruit Juice Low Fat Milk	23 Pop Tart OR Cereal w/String Cheese Mandarin Oranges Fruit Juice Low Fat Milk	24 Super Donut Red Applesauce Fruit Juice Low Fat Milk	25 Piggle Stick w Syrup, OR Cereal Banana, Fruit Juice, Low Fat Milk	26 Bacon Scramble Diced Peaches Fruit Juice, Low Fat Milk
29 Chicken Biscuit Diced Pears Fruit Juice Low Fat Milk	30 Muffin OR Cereal, w/Hard Boiled egg, Pineapple Tidbits Fruit Juice, Low Fat Milk	31 Goody Bun Applesauce Fruit Juice Low Fat Milk		



MSD OF MT VERNON IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MEALS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 STAFF ONLY NO SCHOOL	9 Spaghetti w Meat Sauce, WG Bread Stick, Romaine Salad w/Tomatoes Seasoned Corn Rosy Red Pears, Low Fat Milk	10 Chicken Smackers, Mashed Potatoes & Gravy, Seasoned Edamame, WG Roll, Applesauce Low Fat Milk	11 Loaded Baked Potato (BBQ OR Ham & Cheese Cup) Steamed Broccoli Banana WG Breadstick Low Fat Milk	12 Hamburger on WG Bun, Potato Smiles, Fresh Carrots & Dip, Mixed Fruit Low Fat Milk
15 Hot Ham & Cheese on Bun, Cole Slaw Baked Beans Pineapple Tidbits Low Fat Milk	16 Salisbury Steak, WG Roll, Mashed Potatoes & Gravy, Glazed Carrots, Diced Pears Low Fat Milk	17 Teriyaki Nuggets, Pasta & Marinara Seasoned Peas, Red Applesauce WG Roll Low Fat Milk	18 Beef Taco w/Cheese & Lettuce, Refried Beans, Seasoned Corn, WG Shell, Fresh Orange Wedges Low Fat Milk	19 Stromboli on Hoagie Roll Potato Smiles Carrot & Celery Sticks Diced Peaches Low Fat Milk
22 Macaroni & Cheese, Bread Stick, Cole Slaw Corn, Mandarin Oranges Low Fat Milk	23 Chicken Alfredo Breadstick Romaine Salad w/tomatoes Dragon Juice Rosy Red Pears Low Fat Milk	24 Chicken Nuggets Mashed Potatoes, Green Beans WG Roll Applesauce Low Fat Milk	25 Pulled Pork BBQ on WG Bun, Baked Beans, Baby Bakers, Grapes Low Fat Milk	26 Hot Dog on WG Bun, Oven Fries, Carrot Sticks w/ranch, Mixed Fruit Low Fat Milk
29 Scrambled Eggs French Toast Sticks Potato Smiles Spiced Apples Low Fat Milk	30 Mini Corn Dogs, Baked Beans, Baby Bakers, Diced Pears Low Fat Milk	31 Chicken Tenders WG Roll Mashed Potatoes Glazed Carrots Red Applesauce Low Fat Milk		



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