

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

MSD OF MT VERNON IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENUS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

STAFF ONLY
NO STUDENTS

Scrambled Eggs
French Toast Sticks
Potato Smiles
Spiced Apples
Low Fat Milk

Chicken Smackers,
Mashed Potatoes & Gravy,
Glazed Carrots
WG Roll,
Diced Pears
Low Fat Milk

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

Pizza,
Romaine Salad w/Tomatoes,
Dragon Juice
Mixed Fruit
Low Fat Milk

15

16

17

18

19

Macaroni & Cheese,
Bread Stick,
Carrot Sticks & Dip
Corn,
Mandarin Oranges
Low Fat Milk

Salisbury Steak,
WG Roll,
Mashed Potatoes & Gravy,
Glazed Carrots
Applesauce
Low Fat Milk

Teriyaki Nuggets,
Mashed Potatoes & Gravy
Seasoned Peas,
Rosy Red Pears
WG Roll
Low Fat Milk

Loaded Baked Potato
(BBQ OR Ham & Cheese Cup)
Steamed Broccoli
Fresh Orange Wedges
WG Breadstick
Low Fat Milk

Hot Dog on WG Bun,
Oven Fries,
Baked Beans
Diced Peaches,
Low Fat Milk

22

23

24

25

26

Chicken Patty on WG Bun,
Mashed Potatoes & Gravy,
Green Beans,
Pineapple Tidbits
Low Fat Milk

Mini Corn Dogs,
Cole Slaw
Baby Bakers,
Red Applesauce,
Low Fat Milk

Chicken Nuggets
Mashed Potatoes,
Glazed Carrots
WG Roll
Diced Pears
Low Fat Milk

Beef Nachos (w/queso cheese)
Refried Beans,
Corn,
Banana
Low Fat Milk

Hot Ham & Cheese on Bun,
Potato Smiles,
Romaine Salad w/tomatoes
Mixed Fruit
Low Fat Milk

29

30

31

Breaded Mozzarella Cheese
Sticks,
Green Beans,
Cole Slaw,
Mandarin Oranges,
Low Fat Milk

Spaghetti w Meat Sauce,
WG Bread Stick,
Romaine Salad w/Tomatoes
Seasoned Corn
Applesauce
Low Fat Milk

General Tso Chicken
Brown Rice
Stir Fry Veggies
Fresh Carrots
Rosy Red Pears
Low Fat Milk