

AUGUST 2021

ELEMENTARY

Monday	Tuesday	Wednesday	Thursday	Friday
Staff Only	Muffin OR Cereal w/Hard Cooked Egg Diced Peaches Fruit Juice Low Fat Milk	Waffle Sticks w/Syrup Applesauce Fruit Juice Low Fat Milk	WG Donut Fresh Strawberries Fruit Juice Low Fat Milk	Bacon Scramble Fresh Orange Fruit Juice Low Fat Milk
Pop Tart OR Cereal w/String Cheese Fresh Watermelon Fruit Juice Low Fat Milk	Egg & Cheese Biscuit Fresh Apple Fruit Juice Low Fat Milk	Cinnamon Toast Sticks w/syrup OR Cereal Pineapple Tidbits Fruit Juice Low Fat Milk	Apple Bosco Stick Grapes Fruit Juice Low Fat Milk	Breakfast Sausage Pizza Fresh Honeydew Fruit Juice Low Fat Milk
Muffin OR Cereal w/Hard Cooked Egg Mandarin Oranges Fruit Juice Low Fat Milk	Chicken Biscuit Raisins Fruit Juice Low Fat Milk	Piggle Stick w/syrup OR Cereal Banana Fruit Juice Low Fat Milk	Goody Bun Fresh Pineapple Fruit Juice Low Fat Milk	Bacon Scramble Red Applesauce Fruit Juice Low Fat Milk
Fruit & Yogurt Parfait Pop Tart Fruit Juice Low Fat Milk	Egg Omelet Toast w/Jelly Fresh Cantaloupe Fruit Juice Low Fat Milk			



MSD OF MT. VERNON IS AN EQUAL OPPORTUNITY EMPLOYER
ALL MENUS SUBJECT TO CHANGE, BASED ON AVAILABILITY OF PRODUCT

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<p>2</p> <p>All fresh veggies come with ranch. Celery comes with ranch OR peanut butter</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>9</p> <p>STAFF ONLY</p>	<p>10</p> <p>Mini Corn Dogs Baked Beans Baby Bakers Mixed Fruit Low Fat Milk</p>	<p>11</p> <p>Chicken Smackers Mashed Potatoes w/gravy Steamed Broccoli WG Roll Mandarin Oranges Low Fat Milk</p>	<p>12</p> <p>Loaded Baked Potato (BBQ OR Ham & Cheese Cup) Steamed Broccoli Fresh Strawberries WG Breadstick Low Fat Milk</p>	<p>13</p> <p>Breaded Mozzarella Sticks Green Beans Cole Slaw Applesauce Low Fat Milk</p>
<p>16</p> <p>Hot Dog on Bun Oven Fries Carrot Sticks w/ranch Watermelon Low Fat Milk</p>	<p>17</p> <p>Spaghetti w/Meat Sauce Romaine Salad with Tomatoes (1/4c) WG Breadstick Kiwi Low Fat Milk</p>	<p>18</p> <p>Pulled Pork BBQ OR Rib-Be-Que on Bun Baby Bakers Baked Beans Diced Pears Low Fat Milk</p>	<p>19</p> <p>Teriyaki Nuggets Pasta w/Marinara Sauce Seasoned Peas WG Roll Apple Wedges Low Fat Milk</p>	<p>20</p> <p>Macaroni & Cheese WG Breadstick Corn Celery Sticks Frozen Blueberries Low Fat Milk</p>
<p>23</p> <p>Hot Ham & Cheese on Bun Potato Smiles Fresh Broccoli & Tomatoes w/ranch cup Fresh Pineapple Low Fat Milk</p>	<p>24</p> <p>Salisbury Steak Mashed Potatoes w/gravy Glazed Carrots WG Roll Diced Peaches Low Fat Milk</p>	<p>25</p> <p>Chicken OR Beef Taco With Cheese & Lettuce cup Refried Beans Seasoned Corn WG Soft Tortilla Frozen Fruit Cup Low Fat Milk</p>	<p>26</p> <p>Chicken Filet on Bun Mashed Potatoes w/gravy Green Beans Fresh Orange Low Fat Milk</p>	<p>27</p> <p>Cheese OR Pepperoni Pizza Romaine Salad w/Tomatoes Dragon Juice Red Applesauce Low Fat Milk</p>
<p>30</p> <p>Deli Wrap (in tortilla) OR Cold Deli Sandwich on Bun Potato Wedges Fresh Carrots Watermelon Low Fat Milk</p>	<p>31</p> <p>Lasagna Roll with Marinara Sauce Romaine Salad w/tomatoes WG Breadstick Pineapple Tidbits Low Fat Milk</p>			

