

Monday

Tuesday

Wednesday

Thursday

Friday

1
Sausage Biscuit
Rosy Red Pears
Fruit Juice
Low Fat Milk

2
Pop Tart
String Cheese
Applesauce
Fruit Juice
Low Fat Milk

3
WG Donut,
Mandarin Oranges
Fruit Juice
Low Fat Milk

4
Cinnamon Toast Sticks
w/Syrup
Banana
Fruit Juice,
Low Fat Milk

5
Breakfast Sausage Pizza
Diced Peaches
Fruit Juice,
Low Fat Milk

8
**NO SCHOOL
POSSIBLE MAKE UP DAY**

9
Powdered Sugar Donut Balls
Flavored Applesauce
Fruit Juice
Low Fat Milk

10
Goody Bun
Pineapple Tidbits
Fruit Juice
Low Fat Milk

11
Waffle Sticks w/Syrup,
Grapes
Fruit Juice,
Low Fat Milk

12
Yogurt & Fruit Parfait,
Fruit Juice,
Low Fat Milk

15
Chicken Biscuit
Rosy Red Pears
Fruit Juice
Low Fat Milk

16
PB & J Uncrustable
Flavored Applesauce
Fruit Juice
Low Fat Milk

17
Super Donut
Mandarin Oranges
Fruit Juice
Low Fat Milk

18
Piggie Stick w Syrup,
Fresh Orange Wedges
Fruit Juice,
Low Fat Milk

19
**NO SCHOOL
POSSIBLE MAKE UP DAY**

22
Egg & Cheese Biscuit
Diced Pears
Fruit Juice
Low Fat Milk

23
Muffin
String Cheese
Flavored Applesauce
Fruit Juice,
Low Fat Milk

24
Cinnamon Roll
Pineapple Tidbits
Fruit Juice
Low Fat Milk

25
Pancakes & Syrup
Apple Wedges
Fruit Juice
Low Fat Milk

26
Biscuit & Gravy
Mixed Fruit
Fruit Juice,
Low Fat Milk

29
Sausage Biscuit
Rosy Red Pears
Fruit Juice
Low Fat Milk

30
Pop Tart
String Cheese
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

1
Macaroni & Cheese
WG Breadstick
Dragon Juice
Green Beans
Mandarin Oranges
Low Fat Milk

8
NO SCHOOL
POSSIBLE MAKE UP DAY

15
Breaded Mozzarella Sticks
Green Beans
Fresh Carrot Sticks
Mandarin Oranges
Low Fat Milk

22
Rib-Be-Cue on Bun
Baked Beans
Baby Bakers
Pineapple Tidbits
Low Fat Milk

29
Toasted Cheese Sandwich
Dragon Juice
Green Beans
Mandarin Oranges
Low Fat Milk

Tuesday

2
Beef Nachos
Refried Beans
Seasoned Corn
Mixed Fruit
Low Fat Milk

9
Chicken on the Beach
Chips & Salsa
Refried Beans
Diced Peaches
Low Fat Milk

16
Beef Taco w/Cheese & Lettuce,
Refried Beans,
Seasoned Corn,
WG Shell,
Mixed Fruit
Low Fat Milk

23
Chicken Quesadilla
Fresh Carrots & Dip
Seasoned Corn
Diced Peaches
Low Fat Milk

30
Beef Nachos
Refried Beans
Seasoned Corn
Mixed Fruit
Low Fat Milk

Wednesday

3
General Tso Chicken
Fried Rice
Stir Fry Veggies
Cucumbers & Tomatoes w/dip
Rosy Red Pears
Fortune Cookie
Low Fat Milk

10
Chicken Nuggets
Au Gratin Potatoes
Green Beans
WG Roll,
Diced Pears
Low Fat Milk

17
Chicken Tenders
Mashed Potatoes
Seasoned Broccoli
WG Roll,
Rosy Red Pears
Low Fat Milk

24
Chicken Smackers
Mashed Potatoes & Gravy
Mixed Vegetables
WG Roll,
Diced Pears
Low Fat Milk

Thursday

4
Spaghetti w Meat Sauce,
WG Breadstick,
Romaine Salad w/Tomatoes
Seasoned Edamame
Banana
Low Fat Milk

11
BBQ Parfait
BBQ Pulled Pork
Mashed Potatoes
Seasoned Broccoli
WG Breadstick
Orange Wedges
Low Fat Milk

18
Cheesy Egg Omelet
French Toast Sticks & Syrup
Potato Smiles
Dragon Juice
Spiced Apples
Low Fat Milk

25
Lasagna w/Marinara Sauce
WG Breadstick
Romaine Salad w/tomatoes
Dragon Juice
Apple Wedges
Low Fat Milk

Friday

5
Hamburger on Bun
Potato Smiles
Coleslaw
Flavored Applesauce
Low Fat Milk

12
Chicken Fillet on Bun
Oven Fries
Coleslaw
Applesauce
Low Fat Milk

19
NO SCHOOL
POSSIBLE MAKE UP DAY

26
Pizza
Oven Fries
Coleslaw
Applesauce
Low Fat Milk



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