

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 STAFF ONLY	10 Muffin OR Cereal With Hard Boiled Egg Diced Peaches Fruit Juice Low Fat Milk	11 Waffle Sticks w/syrup Pineapple Tidbits Fruit Juice Low Fat Milk	12 WG Donut Fresh Apple Fruit Juice Low Fat Milk	13 Bacon Scramble Pizza Mandarin Oranges Fruit Juice Low Fat Milk
16 Pop Tart OR Cereal With String Cheese Fresh Honeydew Fruit Juice Low Fat Milk	17 Sausage Biscuit Applesauce Fruit Juice Low Fat Milk	18 Cinnamon Toast Sticks With Syrup OR Cereal Diced Pears Fruit Juice Low Fat Milk	19 Apple Bosco Stick Fresh Strawberries Fruit Juice Low Fat Milk	20 Breakfast Sausage Pizza Grapes Fruit Juice Low Fat Milk
23 Muffin OR Cereal With Hard Boiled Egg Fresh Watermelon Fruit Juice Low Fat Milk	24 Egg & Cheese Biscuit Fresh Orange Wedges Fruit Juice Low Fat Milk	25 Piggle Stick w/syrup OR Cereal Banana Fruit Juice Low Fat Milk	26 Goody Bun Fresh Kiwi Fruit Juice Low Fat Milk	27 Bacon Scramble Pizza Raisins Fruit Juice Low Fat Milk
30 Yogurt & Fruit Parfait Pop Tart Fruit Juice Low Fat Milk	31 Chicken Biscuit Mixed Fruit Fruit Juice Low Fat Milk			



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 STAFF ONLY	10 Salisbury Steak, Mashed Potatoes & Gravy, Peas, WG Roll, Frozen Fruit Cup, Low Fat Milk	11 Beef or Chicken Tacos Cheese & Lettuce cup Refried Beans, Seasoned Corn, Fresh Kiwi, Low Fat Milk	12 Mini Corn Dogs Baked Beans, Baby Bakers, Grapes, Low Fat Milk	13 Stromboli on Hoagie Roll Potato Smiles, Seasoned Corn, Diced Peaches, Low Fat Milk
16 Deli Wrap OR Deli Sandwich Cole Slaw, Fresh Carrots, Fresh Watermelon, Low Fat Milk	17 Lasagna w/meat Sauce Baby Bakers, Romaine Salad w/tomatoes, Pineapple Tidbits WG Breadstick, Low Fat Milk	18 Egg Omelet, French Toast Sticks, Potato Smiles (3/4 cup), Spiced Apples, Low Fat Milk	19 Chicken Teriyaki, Pasta w/Marinara, Dragon Juice, WG Roll Banana, Low Fat Milk	20 Macaroni & cheese, Bread Stick, Green Beans, Romaine Salad, Red Applesauce, Low Fat Milk
23 Breaded Mozzarella Sticks (Marinara Dipping Cup), Green Beans, Cole Slaw, Fresh Apple, Low Fat Milk	24 Chicken Quesadillas, Corn, Fresh Carrots, Frozen Sliced Strawberries, Low Fat Milk	25 Stuffed Baked Potato (BBQ or Ham & Cheese Cup), Steamed Broccoli, WG Roll, Mixed Fruit Low Fat Milk	26 Chicken Alfredo, Dragon Juice, California Blend, WG Breadstick Raisins Low Fat Milk	27 Hot Ham & Cheese OR Hamburger on WG Bun, Potato Smiles, Baked Beans, Mandarin Oranges, Low Fat Milk
30 Chicken Filet on Bun Mashed Potatoes, Green Beans, Fresh Cantaloupe, Low Fat Milk	31 Pulled Pork BBQ OR Rib-be-Cue on WG Bun, Baked Beans, Baby Bakers, Diced Pears, Low Fat Milk			



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