

# Mt. Vernon Elementary School Lunch Menu November 2023

		1	2	3
		Chicken Patty on WG Bun French Fries Celery Sticks Applesauce	Brunch for Lunch WG French Toast Scrambled Eggs & Hash Brown Pancake Syrup Pineapple Wedges Milk	Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
6	7	8	9	10
Soft Tacos Seasoned Corn Fresh Apple	Penne Pasta with Meatballs Breadstick Green Salad Fresh Orange	Cheesy Stuffed Breadsticks Marinara Sauce Steamed Broccoli Applesauce	WG Breaded Chicken Nuggets Yellow WG Rice Coleslaw Fresh Banana	<b>Veteran's Day (Observed)</b>  <b>No School</b>
13	14	15	16	17
Hot Dog on WG Bun Baked Beans Baby Carrots Fresh Apple	Nachos Tomato Wedges Black Bean Salad Fresh Orange	Chicken Patty on WG Bun French Fries Celery Sticks Applesauce	Brunch for Lunch WG French Toast Scrambled Eggs & Hash Brown Pancake Syrup Pineapple Wedges Milk	Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
20	21	22	23	24
WG Corn Dog Steamed Carrots Fresh Apple	Breaded Chicken Drumstick Blackeyed Peas Fresh Baby Carrots WG Biscuit Fresh Orange	Macaroni & Cheese Green Beans WG Breadstick Applesauce	<b>Thanksgiving</b>	<b>Happy Thanksgiving</b>  <b>School Closed</b>
27	28	29	30	
WG Breaded Popcorn Chicken Yellow WG Rice Coleslaw Fresh Apple	Cheese Quesadilla Tomato Wedges Fresh Orange	Hamburger or Cheeseburger on WG Bun French Fries Applesauce	Beef Ravioli Breadstick Green Salad Pineapple Wedges	

**More info...**

**Milk Offering** (all 1 c serving): 1% White, Fat Free White, or Fat Free Chocolate (all antibiotic & hormone free).

**Fruit Offering** (all ½c serving): Apple, orange, seasonal fresh fruit, or 100% Fruit Juice (apple, orange, grape, or fruit punch).

**Two fruit choices will be available daily.**

**Lunch Alternatives Available Daily** Made to Order Sandwich Lunch (Sliced Deli Meats & Cheese, Tuna & Chicken Salad with Veggie & Fruit)  
Salad Lunch (Salad, Protein, & Fruit)

**Daily Grill Offerings:** Chicken nuggets\*, chicken patty or spicy chicken patty on WG bun, hamburger/cheeseburger on WG bun, cheese or pepperoni (P) pizza

**MTO Bar:** Taco Bar, Pizza Bar, Deli & Salad

**Please Note:** (WG) denotes whole grain; (P) denotes item may contain pork