

# Mt. Vernon High School Breakfast Menu November 2023

		1	2	3
		Egg & Cheese Sandwich Fruit Milk	Assorted WG Cereal Bar Fruit Milk	Assorted WG Muffin Fruit Milk
6	7	8	9	10
Pillsbury Mini French Toast Fruit Milk	Assorted WG Cereal Offerings Fruit Milk	Nutrigrain Bar Fruit Milk	WG Bagel w/ Cream Cheese Fruit Milk	<b>Veterans Day (Observed)</b>  <b>No School</b>
13	14	15	16	17
Assorted WG Cereal Bar Fruit Milk	Pillsbury Mini French Toast Fruit Milk	Assorted WG Cereal Offerings Fruit Milk	Yogurt Graham Cracker Fruit Milk	Egg & Cheese Sandwich Fruit Milk
20	21	22	23	24
Pillsbury Mini Waffles Fruit Milk	Nutrigrain Bar Fruit Milk	Egg & Cheese Sandwich Fruit Milk	<b>Thanksgiving</b>	<b>Happy Thanksgiving</b>  <b>School Closed</b>
27	28	29	30	
WG Bagel w/ Cream Cheese Fruit Milk	Pillsbury Mini French Toast Fruit Milk	Assorted WG Cereal Offerings Fruit Milk	Nutrigrain Bar Fruit Milk	

## 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** Yogurt/Bagel Lunch (Yogurt, String Cheese, Bagel, Veggie & Fruit)

Sandwich Lunch (Turkey & Cheese, Turkey Ham & Cheese, or Cheese with Veggie & Fruit)

Salad Lunch (Salad, Protein, & Fruit)

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