

# Mt. Vernon HS Lunch Menu

## November 2023

		1	2	3
		Chicken Snack Wrap Black Bean Salad Fresh Pear	Roasted Turkey and Stuffing Bowl Steamed Green Beans Fresh Pear	Enchilada Casserole Green Salad Fresh Apple
6	7	8	9	10
Cheesy Breadsticks with Marinara Sauce Steamed Green Beans Fresh Baby Carrot Fresh Apple	Frank and Beans WG Biscuit Fresh Orange	General Tsos Chicken Veggie Fried Rice Steamed Carrots Pineapple Wedges	Baked Ziti Green Salad WG Breadstick Fresh Pear	<b>Veteran's Day (Observed)</b>  <b>No School</b>
13	14	15	16	17
WG Breaded Chicken Drumstick Mashed Sweet Potatoes Fresh Apple	Brunch for Lunch French Toast Scrambled Egg Hash Brown Pancake Syrup Fresh Orange	Quesadilla Burger French Fries Fresh Banana	Buffalo Popcorn Chicken Mac & Cheese Steamed Broccoli WG Breadstick Fresh Pear	Lasagna Sliced Cucumbers with FF Ranch Red Pepper Strips WG Breadstick Fresh Apple
20	21	22	23	24
Cheesy Breadsticks with Marinara Sauce Steamed Green Beans Fresh Baby Carrot Fresh Apple	Penne Pasta with Chicken Meatballs Green Salad WG Breadstick Fresh Orange	Bone-in BBQ Chicken Seasoned Corn Garlic Toast Pineapple Wedges	<b>Thanksgiving</b>	<b>Happy Thanksgiving School Closed</b>
27	28	29	30	
Loaded Tater Tots and Popcorn Chicken Fresh Apple	Brunch for Lunch French Toast Scrambled Egg Hash Brown Pancake Syrup Fresh Orange	Chicken Parmesan on WG Bun French Fries Tomato Wedges Fresh Banana	Bone-in Jerk Chicken Caribbean Sweet Potato Stewed Spinach WG Biscuit 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