

Mt. Vernon Elementary School Lunch Menu December 2023

				1 Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
4 Soft Tacos Seasoned Corn Fresh Apple	5 Penne Pasta with Meatballs Breadstick Green Salad Fresh Orange	6 Chicken Patty on WG Bun French Fries Celery Sticks Applesauce	7 Brunch for Lunch WG French Toast Scrambled Eggs & Hash Brown Pancake Syrup Pineapple Wedges Milk	8 Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
11 WG Breaded Popcorn Chicken Yellow WG Rice Coleslaw Fresh Apple	12 Nachos Tomato Wedges Black Bean Salad Fresh Orange	13 Cheesy Baked Ziti Breadstick Green Salad Pineapple Wedges	14 Brunch for Lunch WG French Toast Scrambled Eggs & Hash Brown Pancake Syrup Pineapple Wedges Milk	15 Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
18 WG Corn Dog Steamed Carrots Fresh Apple	19 Breaded Chicken Drumstick Black-eyed Peas Fresh Baby Carrots WG Biscuit Fresh Orange	20 Macaroni & Cheese Green Beans WG Breadstick Applesauce	21 Hamburger or Cheeseburger on WG Bun French Fries Applesauce	22 Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
25 Winter Break NO SCHOOL	26 Winter Break NO SCHOOL	27 Winter Break NO SCHOOL	28 Winter Break NO SCHOOL	29 Winter Break NO SCHOOL

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