

Mt. Vernon High School Breakfast Menu December 2023

				1 Assorted WG Muffin Fruit Milk
4 Pillsbury Mini French Toast Fruit Milk	5 Assorted WG Cereal Offerings Fruit Milk	6 Nutrigrain Bar Fruit Milk	7 WG Bagel w/ Cream Cheese Fruit Milk	8 Yogurt Graham Cracker Fruit Milk
11 Assorted WG Cereal Bar Fruit Milk	12 Pillsbury Mini French Toast Fruit Milk	13 Assorted WG Cereal Offerings Fruit Milk	14 Yogurt Graham Cracker Fruit Milk	15 Egg & Cheese Sandwich Fruit Milk
18 Pillsbury Mini Waffles Fruit Milk	19 Nutrigrain Bar Fruit Milk	20 Egg & Cheese Sandwich Fruit Milk	21 Yogurt Graham Cracker Fruit Milk	22 Assorted WG Muffin Fruit Milk
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 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