

Mt. Vernon HS Lunch Menu

December 2023

				1 Meatloaf Mashed Potatoes Corn Fruit Cup
4 Cheesy Breadsticks with Marinara Sauce Steamed Green Beans Fresh Baby Carrot Fresh Apple	5 Loaded Tater Tots and Popcorn Chicken Fresh Apple	6 General Tso Chicken Veggie Fried Rice Steamed Carrots Pineapple Wedges	7 Baked Ziti Green Salad WG Breadstick Fresh Pear	8 Bone-in Jerk Chicken Caribbean Sweet Potato Stewed Spinach WG Biscuit Pineapple Wedges
11 WG Breaded Chicken Drumstick Mashed Sweet Potatoes Fresh Apple	12 Brunch for Lunch French Toast Scrambled Egg Hash Brown Pancake Syrup Fresh Orange	13 Quesadilla Burger French Fries Fresh Banana	14 Buffalo Popcorn Chicken Mac & Cheese Steamed Broccoli WG Breadstick Fresh Pear	15 Lasagna Sliced Cucumbers with FF Ranch Red Pepper Strips WG Breadstick Fresh Apple
18 Cheesy Breadsticks with Marinara Sauce Steamed Green Beans Fresh Baby Carrot Fresh Apple	19 Penne Pasta with Chicken Meatballs Green Salad WG Breadstick Fresh Orange	20 Bone-in BBQ Chicken Seasoned Corn Garlic Toast Pineapple Wedges	21 Chicken Parmesan on WG Bun French Fries Tomato Wedges Fresh Banana	22 Chicken Fajita Grilled Peppers & Onions Mexican Rice Fruit Cup
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