

Mt. Vernon District Breakfast Menu February 2024 September 2023

			1 Pillsbury Mini French Toast Fruit Milk	2 Assorted WG Cereal Offerings Fruit Milk
5 Nutrigrain Bar Fruit Milk	6 WG Bagel w/ Cream Cheese Fruit Milk	7 Yogurt Graham Cracker Fruit Milk	8 Assorted WG Cereal Bar Fruit Milk	9 Pillsbury Mini French Toast Fruit Milk
12 Assorted WG Cereal Offerings Fruit Milk	13 Yogurt Graham Cracker Fruit Milk	14 Egg & Cheese Sandwich Fruit Milk	15 Pillsbury Mini Waffles Fruit Milk	16 Nutrigrain Bar Fruit Milk
19 NO SCHOOL WINTER RECESS	20 NO SCHOOL WINTER RECESS	21 NO SCHOOL WINTER RECESS	22 NO SCHOOL WINTER RECESS	23 NO SCHOOL WINTER RECESS
26 WG Bagel w/ Cream Cheese Fruit Milk	27 Nutrigrain Bar Fruit Milk	28 Assorted WG Cereal Offerings Fruit Milk	29 Assorted WG Muffin 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