

Mt. Vernon Elementary School Lunch Menu February 2024

			1 Hamburger or Cheeseburger on WG Bun French Fries Applesauce	2 Cheese Pizza Tater Tots Red Pepper Strips Fresh Orange
5 Soft Tacos Seasoned Corn Fresh Apple	6 Penne Pasta with Meatballs Breadstick Green Salad Strawberry Cups	7 Breaded Chicken Drumstick Yellow Rice Roasted Cauliflower Mandarin Oranges	8 Fish Sandwich on WG Bun Steamed Broccoli Applesauce	9 Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
12 Beef Nachos Tomato Wedges Black Bean Salad Fresh Orange	13 BBQ Chicken Mashed Potatoes Brussel Sprouts Fresh Apple	14 Brunch for Lunch WG French Toast Scrambled Eggs & Hash Brown Pancake Syrup Pineapple Wedges	15 Cheesy Stuffed Breadsticks Marinara Sauce Steamed Broccoli Applesauce	16 Cheese Pizza Tater Tots Red Pepper Strips Fresh Pear
19 Winter Recess No School	20 Winter Recess No School	21 Winter Recess No School	22 Winter Recess No School	23 Winter Recess No School
26 WG Breaded Chicken Nuggets Yellow WG Rice Roasted Zucchini Mandarin Oranges	27 Macaroni & Cheese Green Beans WG Breadstick Apple Slices	28 Jerk Chicken Yellow Rice Cabbage Fresh Strawberries	29 Baked Cheese Ravioli WG Breadstick Fresh Grapes	

More info...

Milk Offering (all 1 c serving): 1% White, Fat Free White, or Fat Free Chocolate (all antibiotic & hormone free).

Fruit Offering (all 1/2 c 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