

# Mt. Vernon HS Lunch Menu

## February 2024

			1 Sausage, Peppers and Onions on a Roll French Fries Garden Salad Fresh Apple	2 Jerk Chicken Rice & Peas Steamed Cabbage Mixed Fruit
5 Meatball Sub w/ Mozzarella Cheese and Marinara Sauce Steamed Green Beans Fresh Apple	6 General Tso Chicken Veggie Fried Rice Steamed Carrots Fresh Grapes	7 Pulled Pork Sandwich on a Roll Coleslaw Apple Slices	8 Curry Chicken Rice Broccoli Pineapple Wedges	9 Philly Cheesesteak On a Roll w/Peppers and Onions French Fries Fruit Cup
12 Teriyaki Beef Lomein Noodles Egg Roll Fresh Pineapple	13 Chicken Masala Linguine Pasta Fresh Apple	14 Chicken Fajita Grilled Peppers & Onions Mexican Rice Fruit Cup	15 Quesadilla Burger French Fries Fresh Grapes	16 Meatloaf Baked Potato Corn Fruit Salad
19 <b>NO SCHOOL WINTER RECESS</b>	20 <b>NO SCHOOL WINTER RECESS</b>	21 <b>NO SCHOOL WINTER RECESS</b>	22 <b>NO SCHOOL WINTER RECESS</b>	23 <b>NO SCHOOL WINTER RECESS</b>
26 Popcorn Chicken Bowl w/ Cheese Mashed Potato Steamed Corn Fresh Pear	27 Gyro on a Pita Fresh Veggies Tzatziki Sauce Fresh Orange	28 WG Breaded Chicken Drumstick Mashed Sweet Potatoes Fresh Apple	29 Pasta, Chicken and Broccoli with Alfredo Sauce WG Breadstick Fresh Apple Slices	

**More info...**

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

**Fruit Offering** (all 1/2c 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