

Mt. Vernon District Breakfast Menu April 2024

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|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| Assorted WG Cereal Offerings Fruit Milk | Cinnamon Pop Tart Fruit Milk | Pillsbury Mini Waffle Fruit Milk | Yogurt Graham Cracker Fruit Milk | Nutri grain Bar Fruit Milk |
| 8 | 9 | 10 | 11 | 12 |
| WG Bagel w/ Cream Cheese Fruit Milk | Pillsbury Mini French Toast Fruit Milk | NO SCHOOL | Assorted WG Cereal Bar Fruit Milk | Yogurt Graham Cracker Fruit Milk |
| 15 | 16 | 17 | 18 | 19 |
| Assorted WG Cereal Offerings Fruit Milk | Strawberry Pop Tart Fruit Milk | Egg & Cheese Sandwich Fruit Milk | Pillsbury Mini Waffles Fruit Milk | WG Bagel w/ Cream Cheese Fruit Milk |
| 22 | 23 | 24 | 25 | 26 |
| NO SCHOOL | NO SCHOOL | Assorted WG Cereal Offerings Fruit Milk | Assorted WG Muffin Fruit Milk | Pillsbury Mini French Toast Fruit Milk |
| 29 | 30 | | | |
| Cinnamon Pop Tart Fruit Milk | Nutri grain Bar 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