

# Mt. Vernon Elementary School

## Lunch Menu April 2024

|   |  |   |   |   |
|---|--|---|---|---|
| 1   | 2  | 3   | 4   | 5   |
| Brunch for Lunch<br>WG French Toast<br>Chicken Sausage &<br>Hash Brown<br>Pancake Syrup<br>Pineapple Wedges | Hamburger or<br>Cheeseburger on<br>WG Bun<br>French Fries<br>Applesauce          | General Tso Chicken<br>Steamed Broccoli<br>Fresh Orange                           | Beef Nachos<br>Tomato Wedges<br>Black Bean Salad<br>Fresh Grapes                  | Cheese Pizza<br>Tater Tots<br>Red Pepper Strips<br>Fresh Apple  |
| 8   | 9  | 10  | 11  | 12  |
| Chicken Patty<br>WG Bun<br>Steamed Carrots<br>Applesauce  | Macaroni & Cheese<br>Green Beans<br>WG Breadstick<br>Apple Slices                | <b>NO<br/>SCHOOL</b>  | BBQ Chicken<br>Mashed Potatoes<br>Coleslaw<br>Fresh Strawberries                  | Cheese Pizza<br>Tater Tots<br>Red Pepper Strips<br>Fresh Pear   |
| 15  | 16   | 17  | 18  | 19  |
| Beef Nachos<br>Tomato Wedges<br>Black Bean Salad<br>Fresh Grapes  | Chicken Quesadilla<br>Rice<br>Black Bean Salad<br>Fresh Strawberries             | Cheesy Stuffed<br>Breadsticks<br>Marinara Sauce<br>Steamed Broccoli<br>Applesauce | Popcorn Chicken<br>Bowl w/ Cheese<br>Mashed Potato<br>Steamed Corn<br>Fresh Apple | Cheese Pizza<br>Tater Tots<br>Red Pepper Strips<br>Apple Slices |
| 22  | 23   | 24  | 25  | 26  |
| <b>NO<br/>SCHOOL</b>  | <b>NO<br/>SCHOOL</b>   | Spaghetti and<br>Meatballs<br>Dinner Roll<br>Green Salad<br>Fresh Strawberries    | Breaded Chicken<br>Drumstick<br>French Fries<br>Mandarin Oranges                  | Cheese Pizza<br>Tater Tots<br>Red Pepper Strips<br>Fresh Pear   |
| 29  | 30   |   |   |   |
| General Tso Chicken<br>Steamed Broccoli<br>Fresh Orange   | Cheesy Stuffed<br>Breadsticks<br>Marinara Sauce<br>Steamed Carrots<br>Applesauce |   |   |   |

**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