

Mt. Vernon HS Lunch Menu

April 2024

1 Meatball Sub w/ Mozzarella Cheese Steamed Green Beans Fresh Apple	2 Philly Cheesesteak On a Roll w/Peppers and Onions French Fries Fruit Cup	3 Teriyaki Chicken Lomein Noodles Egg Roll Fresh Pineapple	4 Quesadilla Burger French Fries Fresh Grapes	5 Brunch for Lunch WG French Toast Chicken Sausage & Tater Tots Pancake Syrup Pineapple Wedges
8 Jerk Chicken Rice & Peas Steamed Cabbage Mixed Fruit	9 Buffalo Chicken Mac & Cheese Steamed Broccoli Fresh Apple	10 NO SCHOOL	11 General Tso Chicken Veggie Fried Rice Steamed Carrots Fresh Grapes	12 Philly Cheesesteak On a Roll w/Peppers and Onions French Fries Fruit Cup
15 Chicken Alfredo Broccoli WG Breadstick Fresh Apple Slices	16 Sausage, Peppers and Onions on a Roll French Fries Fresh Apple	17 Pulled Pork Yellow Rice Coleslaw Apple Slices	18 Boneless Chicken Wings French Fries Celery Sticks Fresh Grapes	19 Chicken Fajita on a Pita Grilled Peppers & Onions Fruit Cup
22 NO SCHOOL	23 NO SCHOOL	24 Popcorn Chicken Bowl w/ Cheese Mashed Potato Steamed Corn Fresh Pear	25 Gyro on a Pita Fresh Veggies Tzatziki Sauce Fresh Orange	26 Meatball Sub w/ Mozzarella Cheese Steamed Green Beans Fresh Apple
29 Sesame Orange Chicken Lomein Noodles Egg Roll Mandarin Oranges	30 Meatloaf Mashed Potato & Gravy Steamed Corn Fruit Salad			

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