

# Mt. Vernon HS Breakfast Menu May 2024

		1	2	3
		Belgian Waffle Fruit Milk	Donut Rings Fruit Milk	French Toast Stick Fruit Milk
6	7	8	9	10
Egg & Cheese Sandwich Fruit Milk	Mini Waffle Hash Brown Fruit Milk	Donut Holes Fruit Milk	Strawberry & Granola Parfait Fruit Milk	French Toast Stick Fruit Milk
13	14	15	16	17
Mini Pancakes Hash Brown Fruit Milk	Egg & Cheese Sandwich Fruit Milk	Belgian Waffle Fruit Milk	Donut Rings Fruit Milk	Strawberry & Granola Parfait Fruit Milk
20	21	22	23	24
Egg & Cheese Sandwich Fruit Milk	French Toast Stick Fruit Milk	Strawberry & Granola Parfait Fruit Milk	Cinni Minis Hash Brown Fruit Milk	Belgian Waffle Fruit Milk
27	28	29	30	31
<b>NO SCHOOL MEMORIAL DAY</b>	Strawberry & Granola Parfait Fruit Milk	Donut Holes Fruit Milk	Egg & Cheese Sandwich Fruit Milk	French Toast Stick 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.**

**Breakfast Alternatives Available Daily** Assorted Cereal, Assorted Cereal Bars, Cinnamon/ Strawberry Pop Tart, Strawberry NutriGrain Bars

**Please Note:** (WG) denotes whole grain; (P) denotes item may contain pork