

Mt. Vernon Elementary School Lunch Menu May 2024

1

General Tso Chicken
Steamed Broccoli
Fresh Orange

2

Beef Nachos
Tomato Wedges
Black Bean Salad
Fresh Grapes

3

Cheese Pizza
Tater Tots
Red Pepper Strips
Fresh Apple

6

Chicken Patty
WG Bun
Steamed Carrots
Applesauce

7

Macaroni & Cheese
Green Beans
WG Breadstick
Fresh Oranges

8

Hamburger or
Cheeseburger on
WG Bun
French Fries
Fresh Grapes

9

BBQ Chicken
Mashed Potatoes
Corn
Coleslaw
Fresh Strawberries

10

Cheese Pizza
Tater Tots
Red Pepper Strips
Fresh Pear

13

Beef Nachos
Tomato Wedges
Black Bean Salad
Fresh Grapes

14

Chicken Quesadilla
Rice
Fresh Romaine
Salad
Fresh Strawberries

15

Cheesy Stuffed
Breadsticks
Marinara Sauce
Steamed Broccoli
Applesauce

16

Popcorn Chicken
Bowl w/ Cheese
Mashed Potato &
Gravy
Steamed Corn
Fresh Apple

17

Cheese Pizza
Tater Tots
Red Pepper Strips
Apple Slices

20

Macaroni & Cheese
Green Beans
WG Breadstick
Apple Slices

21

General Tso Chicken
Steamed Mixed
Vegetable
Fresh Orange

22

Spaghetti and
Meatballs
Dinner Roll
Fresh Romaine
Salad
Fresh Strawberries

23

Breaded Chicken
Drumstick
French Fries
Mandarin Oranges

24

Cheese Pizza
Tater Tots
Red Pepper Strips
Fresh Pear

27

**NO
SCHOOL**

28

Cheesy Stuffed
Breadsticks
Marinara Sauce
Steamed Carrots
Applesauce

29

General Tso Chicken
Fresh Romaine &
Cucumber Salad
Fresh Orange

30

Brunch for Lunch
WG French Toast
Chicken Sausage &
Hash Brown
Pancake Syrup
Pineapple Wedges

31

Cheese Pizza
Tater Tots
Red Pepper Strips
Fresh Pear

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