

Mt. Vernon HS Lunch Menu

May 2024

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|---|---|--|---|--|
| | | 1 | 2 | 3 |
| | | Quesadilla Burger French Fries Beans Fresh Grapes | Jerk Chicken Rice & Peas Steamed Red Cabbage Mixed Fruit | Brunch for Lunch WG French Toast Chicken Sausage & Tater Tots Sweet Potato Fries Pancake Syrup Watermelon |
| 6 | 7 | 8 | 9 | 10 |
| Teriyaki Chicken Lo Mein Noodles Veg Egg Roll Red Pepper Strips Fresh Pineapple | BBQ Chicken Mashed Potatoes Black Beans Fresh Apple | Baked Ziti Steamed Green Beans Fresh Strawberries | Curry Chicken White Rice Steamed Carrots Fresh Grapes | Chicken Gyro On a Pita Broccoli Tzatziki Sauce Fresh Orange |
| 13 | 14 | 15 | 16 | 17 |
| Chicken Alfredo Broccoli WG Breadstick Fresh Apple Slices | Baked Chicken Rice & Peas Fresh Romaine Salad Strawberry Cup | Boneless Chicken Wings French Fries Celery Sticks Carrot Sticks Fresh Grapes | Roast Pork Rice & Beans Plantains Fresh Melon | Chicken Fajita on a Pita Grilled Red Peppers & Onions Fruit Cup |
| 20 | 21 | 22 | 23 | 24 |
| Sesame Orange Chicken Udon Noodles Veg Egg Roll Broccoli Mandarin Oranges | Chicken Chop Cheese on a Roll French Fries Fruit Cup | Shepards Pie Fresh Romaine Salad Tomato Salad Fresh Pear | Stew Chicken White rice Fresh Carrots Beans Fresh Orange | Meatball Sub w/ Mozzarella Cheese Steamed Green Beans Beans Fresh Apple |
| 27 | 28 | 29 | 30 | 31 |
| NO SCHOOL | Curry Chicken White Rice Steamed Broccoli Mixed Fruit | Brunch for Lunch WG French Toast Chicken Sausage & Tater Tots Pancake Syrup Pineapple Wedges | Meatloaf Mashed Potato & Gravy Beans Steamed Corn Fruit Salad | Buffalo Chicken Mac & Cheese Steamed Broccoli Fresh Apple |

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