

Lunch

April 2026 Mt Vernon City School 9th – 12th Grade

Monday	Tuesday	Wednesday	Thursday	Friday
04/06 Chicken Broccoli Alfredo Steamed Carrots Garden Salad Diced Peaches	04/07 Walkin Tacos Mexican Black Beans Red Pepper Strips Orange	04/08 Double lasagna Rolls Garlic Herb broccoli Baby carrots Apple	04/09 Sweet and Sour Chicken w/ Veg. fried rice Sweet Peas Broccoli Florets Clementines	04/10 Philly Cheesesteak Hoagie Baked Fries Coleslaw Dice Pears
04/13 Spaghetti and Meatballs Steam Green Beans Cherry Tomatoes Fresh Apples	04/14 Teriyaki Chicken W/ Brown Rice Roasted Broccoli Red Bell Pepper Strips Diced Peaches	04/15 French Toast Sticks w/ Turkey Sausage Links Sweet Potato Fries Cucumber Coins Clementines	04/16 Caribbean Jerk Chicken W/ Rice and Beans Baked Plantains Broccoli Florets Apple Slices	04/17 Chicken Drumsticks W/ Biscuits Baked Fries Garden Salad Oranges
04/20 Mac and Cheese Garlic Herb Carrots Broccoli Florets Diced Peaches	04/21 Chicken N Waffles Sweet Potato Fries Red Bell Peppers Fresh Apples	04/22 Huli Huli Chicken w/ Green Beans Cherry Tomatoes Apple Sauce	04/23 Tater Tot Temptation w/ Cheese sauce Chili W/ Beans Cucumber Coins Oranges	04/24 General Tso Chicken w/ Lo Mein Noodles Sweet Peas Baby Carrots Diced Pears
04/27 Chicken Drumsticks Warm Biscuits Mash Potatoes w/ Gravy Corn Cobbetts Diced Peaches	04/28 Tortilla Burger Bowl Seasoned Black Beans Celery Sticks Oranges	04/29 Cajun Chicken Alfredo Steamed Green Beans Glazed Carrots Apple Slices	04/30 Mac and Cheese Chicken Tenders Broccoli Florets Cucumber Coins Oranges	Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate Juice is 100% Fruit Juice Served Monday, Wednesday, & Friday.
April LTO: Huli Huli Chicken w/ roasted pineapple salsa It's a delicious Hawaiian style chicken in a sweet & spicy glaze	Lunch Components: Take 3 out of 5, one being Fruit or a Vegetable	<u>Available Daily</u> Pizza, Burgers, Chicken Patties, Spicy Patties Assorted Deli Sandwiches/ Wraps, Garden Salad Assorted Parfaits & Taco/ Nacho Bar	Milk is available with all meals All grains are whole grain rich	

This institution is an equal opportunity provider.