

Lunch

April 2026 Mt Vernon City School Pre-K to 8th Grade

Monday	Tuesday	Wednesday	Thursday	Friday
04/06 Hot Dog OR Cheese Stuffed Breadsticks Sun butter & Jelly Sandwich Turkey Ham & Cheese Sandwich Peach Parfait Vegetarian Baked Beans Broccoli Florets Apple	04/07 Chicken Alfredo Mac OR Alfredo Macaroni Sun butter & Jelly Sandwich Turkey Ham & Cheese Sandwich Peach Parfait Sweet Peas Cucumber Coins Orange	04/08 Popcorn Chicken Bowl w/Biscuit OR Vegetarian Chick'n Bowl w/Biscuit Sun butter & Jelly Sandwich Turkey Ham & Cheese Sandwich Peach Parfait Corn Celery Sticks Diced Peaches	04/09 Chicken & Waffle OR Chicken Wrap Sun butter & Jelly Sandwich Turkey Ham & Cheese Sandwich Peach Parfait Sweet Potato Fries Baby Carrots Applesauce	04/10 Square Cheese or Turkey Pepperoni Pizza OR Meatball Sub Sun butter & Jelly Sandwich Turkey Ham & Cheese Sandwich Peach Parfait Garden Salad Roasted Broccoli Oranges
04/13 Chicken Tenders OR Vegetarian Chick'n Nuggets w/Roll Sunbutter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Baby Carrots Collard Greens Apple	04/14 Turkey Crunchy Tacos OR Veggie Burger Sunbutter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Seasoned Black Beans Red Pepper Strips Orange	04/15 Baked Penne w/Garlic Breadstick OR Chicken Parm Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Seasoned Green Beans Cucumber Coins Diced Peaches	04/16 Crispy Chicken Sandwich OR Grilled Cheese Sandwich Sunbutter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Oven Fries Broccoli Florets Clementines	04/17 Cheese or Turkey Pepperoni Pizza OR Mini Corn Dogs Sunbutter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Corn Baby Carrots Apple
04/20 Cheeseburger OR Beef & Cheese Burrito Turkey & Cheese Sandwich Strawberry Parfait Sunbutter & Jelly Corn Cobbett Broccoli Florets Fresh Blueberries	04/21 Glazed BBQ Drumstick w/Mac & Cheese OR Macaroni & Cheese Turkey & Cheese Sandwich Strawberry Parfait Sunbutter & Jelly Sweet Peas Red Pepper Strips Orange	04/22 LTO Huli Huli Chicken OR Cheese Stuffed Bread Sticks Turkey & Cheese Sandwich Strawberry Parfait Sunbutter & Jelly Baked Plantains Cherry Tomatoes Diced Pears	04/23 French Toast Sticks w/Turkey Sausage Links OR Sausage, Egg & Cheese on a Bagel Turkey & Cheese Sandwich Strawberry Parfait Sunbutter & Jelly Tater Tots Celery Sticks Apple	04/24 Cheese or Turkey Pepperoni Pizza OR Veggie Burger on a Bun Turkey & Cheese Sandwich Strawberry Parfait Sunbutter & Jelly Garden Salad Steamed Baby Carrots Diced Peaches
04/27 Chicken Nuggets OR Grilled Cheese Sandwich Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Sandwich Tomato Soup Broccoli Florets Apple	04/28 Turkey & Cheese Nachos OR Cheese Quesadilla Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Sandwich Refried Beans Cherry Tomatoes Applesauce	04/29 General Tso Chicken w/Lo Mein Noodles OR Vegetable Dumplings w/Lo Mein Noodles Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Sandwich Seasoned Carrots Red Pepper Strips Diced Peaches	04/30 Dutch Waffle w/Turkey Sausage OR Turkey Bacon, Egg & Cheese on a Bagel Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Sandwich Sweet Potato Fries Cucumber Coins Clementines	Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate Juice is 100% Fruit Juice Served Tuesdays and Thursday
	Breakfast Components: Students must take 3 Grain, Fruit and Milk	Lunch Components: Take 3 out of 5, one being Fruit or a Vegetable	Milk is available with all meals All grains are whole grain rich	Although we make every effort to serve menus as planned, this menu may change without notice

This institution is an equal opportunity provider.