

# Breakfast

## April 2026 Mt Vernon City Schools- Grade 9<sup>th</sup> to 12<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
04/06 Cheese Omelet w/ Roasted Potatoes  Apple 100% Fruit Juice	04/07 French Toast Sticks Sausage Links  Cinnamon Roll  Clementines 100% Fruit Juice	04/08 Omelet Breakfast Burger Omelet, Turkey Ham on a WG Bun  Granny Smith Apple 100% Fruit Juice	04/09 Dutch Waffles w/ Turkey Bacon  Diced Peaches 100% Fruit Juice	04/10 Breakfast Wrap Turkey Ham, Eggs and Cheese Tater Tots  Oranges 100% Fruit Juice
04/13 Cheese Omelet w/ Tater Tots  Apple 100% Fruit Juice	04/14 French Toast Slices Sausage Links  Cinnamon Bun  Oranges 100% Fruit Juice	04/15 Turkey Sausage Egg and Cheese SDW  Banana 100% Fruit Juice	04/16 WG Pancakes w/Turkey Bacon  Strawberries 100% Fruit Juice	04/17 Breakfast Wrap Turkey Bacon, Eggs and Cheese Tater Tots  Oranges 100% Fruit Juice
04/20 Cheese Omelet w/ Roasted Potatoes  Apple 100% Fruit Juice	04/21 French Toast Sticks Sausage Links  Clementines 100% Fruit Juice	04/22 Omelet Breakfast Burger Omelet, Turkey Ham on a WG Bun  Granny Smith Apple 100% Fruit Juice	04/23 Dutch Waffles w/ Turkey Bacon  Diced Peaches 100% Fruit Juice	04/24 Breakfast Wrap Turkey Ham, Eggs and Cheese Tater Tots  Oranges 100% Fruit Juice
04/27 Cheese Omelet w/ Tater Tots  Apple 100% Fruit Juice	04/28 French Toast Slices Sausage Links  Oranges 100% Fruit Juice	04/29 Bagel W/ Egg and Cheese SDW  Fresh Banana 100% Fruit Juice	04/30 WG Pancakes w/Turkey Bacon  Fresh Pears 100% Fruit Juice	
		<p style="text-align: center;"><i>Did you know ...</i></p> <p style="text-align: center;"><i>Breakfast and Lunch are FREE to all students</i></p>	<p style="text-align: center;">Milk is available with all meals</p> <p style="text-align: center;">All grains are whole grain rich</p>	<p>Although we make every effort to serve menus as planned, this menu may change without notice</p>

**Breakfast Components:**  
Students must take 3  
Grain, Fruit and Milk

**Choice of Milk Daily:**  
1% Milk, Fat Free, Fat Free  
Chocolate  
Juice is 100% Fruit Juice