

# Breakfast

# June 2026

## Mt Vernon City School 9<sup>th</sup>-12<sup>th</sup> Grade

Monday	Tuesday	Wednesday	Thursday	Friday
6/01 Cheese Omelet w/ Tater Tots  Apple 100% Fruit Juice	06/02 French Toast w/ Sausage Link  Oranges 100% Fruit Juice	06/03 Egg and Cheese Sandwich On a Bagel Roasted Potatoes  Fresh Pears 100% Fruit Juice	06/04 WG Pancakes w/Turkey Bacon  Strawberries 100% Fruit Juice	06/05 Breakfast Wrap Turkey Ham, Eggs and Cheese Tater Tots  Oranges 100% Fruit Juice
06/08 Cheese Omelet w/ Roasted Potatoes  Apple 100% Fruit Juice	06/09 French Toast Sticks Sausage Links  Clementines 100% Fruit Juice	06/10 Omelet Breakfast Burger Omelet, Turkey Ham on a WG Bun  Granny Smith Apple 100% Fruit Juice	06/11 Dutch Waffles w/ Turkey Bacon  Diced Peaches 100% Fruit Juice	06/12 Breakfast Wrap Turkey Bacon, Eggs and Cheese Tater Tots  Oranges 100% Fruit Juice
06/15 Cheese Omelet w/ Tater Tots  Apple 100% Fruit Juice	06/16 French Toast Slices Sausage Links  Oranges 100% Fruit Juice	06/17 Sausage & Cheese On WG Bun Roasted Potatoes  Fresh Banana 100% Fruit Juice	06/18 WG Pancakes w/Turkey Bacon  Fresh Pears 100% Fruit Juice	06/19 Breakfast Wrap Turkey Ham, Eggs and Cheese Tater Tots  Oranges 100% Fruit Juice
06/22 Cheese Omelet w/ Tater Tots  Assorted Fruit 100% Fruit Juice	06/23 French Toast Slices Sausage Links  Assorted Fruit 100% Fruit Juice	06/24 Egg and Cheese WG Bun  Assorted Fruit 100% Fruit Juice	06/25 Dutch Waffles w/ Turkey Bacon  Assorted Fruit 100% Fruit Juice	06/26 Breakfast Wrap Turkey Ham, Eggs and Cheese Tater Tots  Assorted Fruit 100% Fruit Juice
Breakfast Components: Students must take 3 Grain, Fruit and Milk	All grains are whole grain rich	<i>Did you know ...                      Breakfast and                      Lunch are FREE to                      all students</i>	Although we make every effort to serve menus as planned, this menu may change without notice	Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate Juice is 100% Fruit Juice