

# Lunch

## June 2026 Mt Vernon City School 9<sup>th</sup> – 12<sup>th</sup> Grade

Monday	Tuesday	Wednesday	Thursday	Friday
06/01 Macaroni and Cheese Carrots with Garlic Herb, Cucumber Coins Pineapple Tidbits	06/02 Chicken and Waffles Sweet Potato Fries Red Bell Peppers Dice Peaches	06/03 Baked Penne with Dinner Roll Green Beans, Broccoli Florets, Cherry Tomatoes Apple Slices	06/04 Tater Temptation with Cheese Sauce, Chili w/Beans Garden Salad Cucumber Coins, Cherry Tomatoes Plums	06/05 General Tso Chicken w/ LoMein Sweet Peas Steamed Carrots Oranges Grapes
06/08 Chicken Drumsticks Warm Biscuits Mash Potatoes Sweet Corn Diced Peaches	06/09 Tortilla Burger Bowl Seasoned Black Beans Red Bell Pepper Strips Apple	06/10 Cajun Chicken Alfredo Steam Green Beans Glazed Carrots Oranges	06/11 Mac N Cheese Chicken Tenders Broccoli Florets Corn on the Cobb Blueberries	06/12 Curry Chicken Brown Rice Mixed Vegetables Grapes
06/15 Orange Chicken w/ Brown Rice Steamed Carrots Pineapple Tidbits	06/16 Soft Turkey Tacos Sweet Corn Cherry Tomatoes Black Bean Salsa Oranges	06/17 BBQ Chicken Drumsticks Rice and Beans Zucchini Bake Plantains Apple Slices	06/18 Cajun Chicken Po'boy Potato Wedges Cucumber Coins Plums	06/19 NO SCHOOL
06/22 Chicken Broccoli Alfredo Steamed Carrots Diced Peaches	06/23 Chicken Patty Hamburgers Pizza Garden Salad Assorted Cold Sandwiches Assorted Fruit	06/24 Chicken Patty Hamburgers Pizza Baby Carrots Assorted Cold Sandwiches Assorted Fruit	06/25 Chicken Patty Hamburgers Pizza Garden Salad Assorted Cold Sandwiches Assorted Fruit	06/26 Chicken Patty Hamburgers Pizza Baby Carrots Assorted Cold Sandwiches Assorted Fruit
AVAILABLE DAILY ASSORTED PARAILS, PIZZA BURGER BAR: BEEF & CHICKEN OPTIONS TACO BAR: NACHOS, SOFT & HARD SHELLS	<b>Lunch Components: Take 3 out of 5, one being Fruit or a Vegetable</b>	AVAILABLE DAILY MADE TO ORDER DELI: PANINI, SANDWICHES, WRAPS, SUBS, & FRESH SALADS	<b>Choice of Milk Daily:</b> 1% Milk, Fat Free, Fat Free Chocolate <b>Juice is 100% Fruit Juice</b> Served Monday, Wednesday, & Friday.	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

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This institution is an equal opportunity provider.