

Breakfast

Summer Menu July 2026

Mt Vernon City School

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Did you know ...</i> <i>Breakfast and Lunch are FREE for all students</i>	Milk is available with all meals All grains are whole grain rich	07/01 Although we make every effort to serve menus as planned, this menu may change without notice	07/02 COLD MENU	07/03 
07/06 RS COCOA PUFFS CEREAL GRAHAM CRAKERS FRESH APPLES 100% GRAPE JUICE MILK	07/07 WG BANANA READ FRESH GRAPES 100% ORANGE JUICE MILK	07/08 WG CHOCOLATE CHIP BENEFIT BAR FRESH BANANA 100% APPLE JUICE MILK	07/09 WG PULL APART MINI CINNAMON ROLL FRESH APPLES 100% ORANGE JUICE MILK	07/10 WG APPLE CINNAMON MUFFIN 2 oz ORANGE WEDGES 100% GRAPE JUICE MILK
07/13 WG BLUEBERRY BREAD FRESH APPLES 100% APPLE JUICE MILK	07/14 WG STRAWBERRY CREAM CHEESE BAGEL BITES FRESH GRAPES 100% ORANGE JUICE MILK	07/15 WG CHOCOLAT MUFFIN 2oz FRESH BANANAS 100%APPLE JUICE MILK	07/16 WG CINNAMON TOAST CRUNCH CEREAL BAR GRAHAM CRACKERS FRESH APPLES 100% ORANGE JUICE MILK	07/17 WG CHOCOLATE CROISSANT ORANGE WEDGES 100% GRAPE JUICE MILK
07/20 WG BLUEBERRY MUFFIN 2oz FRESH APPLES 100% ORANGE JUICE MILK	07/21 WG TRIX CEREAL BAR GRAHAM CRACKERS FRESH ORANGE 100% APPLE JUICE MILK	07/22 WG BAGEL WITH CREAM CHEESE FRESH APPLES 100% ORANGE JUICE MILK	07/23 WG CHOCOLAE CHIP MUFFIN 2oz FRESH BANANA 100% APPLE JUICE MILK	07/24 WG CINNAMON CREAM CHEESE BEGAL BITES FRESH GRAPES 100% ORANGE JUICE MILK

Breakfast

07/27	07/28	07/29	07/30	07/31
RS COCOA PUFFS CEREAL GRAHAM CRACKERS	WG BANANA BREAD	WG CHOCOLATE CHIP BENEFIT BAR	WG PULL APART MINI CINNAMON ROLL	WG APPLE CINNAMON MUFFIN 2oz
FRESH APPLES 100% GRAPE JUICE MILK	FRESH GRAPES 100% ORANGE JUICE MILK	FRESH BANANA 100% APPLE JUICE MILK	FRESH APPLE 100% ORANGE JUICE MILK	FRESH GRAPES 100% ORANGE JUICE MILK

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

This institution is an equal opportunity provider.