

## Lunch

# Summer Menu July 2026

## Mt Vernon City School

| Monday                                                                                                                                              | Tuesday                                                                                                                                                                            | Wednesday                                                                                                                                                               | Thursday                                                                                                                                                             | Friday                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <p>Choice of Milk Daily:<br/>1% Milk, Fat Free, Fat Free Chocolate</p> <p>Juice is 100% Fruit Juice<br/>Served Monday, Wednesday, &amp; Friday.</p> | <p>Milk is available with all meals</p> <p>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> | <p>07/01</p> <p><b>COLD</b></p>                                                                                                                                         | <p>07/02</p>                                                                       | <p>07/03</p> <p>INTEGRITY<br/>IS<br/>DOING THE RIGHT<br/>THING EVEN WHEN NO<br/>ONE IS LOOKING!</p>                          |
| <p>07/06</p> <p>Yogurt Bagel Meal</p> <p>Sun Butter &amp; Jelly Sandwich</p> <p>Baby Carrots</p> <p>Watermelon</p> <p>Fresh Apples</p>              | <p>07/07</p> <p>Chicken Ceasar Wrap</p> <p>Garbanzo</p> <p>Watermelon</p>                                                                                                          | <p>07/08</p> <p>Turkey BLT Wrap</p> <p>Broccoli florets</p> <p>Orange Wedges</p>                                                                                        | <p>07/09</p> <p>Buffalo Chicken and cheese Sub</p> <p>Baby Carrots</p> <p>Fresh Apples</p>                                                                           | <p>07/10</p> <p>Pizza Box</p> <p>Jerk Chicken Wrap</p> <p>Cherry Tomatoes</p> <p>Fresh Strawberries</p> <p>Sliced Apples</p> |
| <p>07/13</p> <p>BBQ Chicken Sub</p> <p>Coleslaw</p> <p>Banana</p> <p>Fresh Pears</p>                                                                | <p>07/14</p> <p>American-Style Deli Sandwich</p> <p>Baby Carrots</p> <p>Fresh Apples</p>                                                                                           | <p>07/15</p> <p>Buffalo Chicken and Cheese Sub</p> <p>Broccoli Florets</p> <p>Watermelon</p> <p>Fresh Pears</p>                                                         | <p>07/16</p> <p>Teriyaki Chicken Sandwich</p> <p>Black Bean and Corn Salad</p> <p>Orange Wedges</p>                                                                  | <p>07/17</p> <p>Pizza Box</p> <p>Jerk Chicken Wrap</p> <p>Cucumber Slices</p> <p>Fresh Pears</p>                             |
| <p>07/20</p> <p>Chicken Nuggets w/Roll</p> <p>Crispy Chicken Wrap</p> <p>Baby Carrots</p> <p>Watermelon</p> <p>Orange Wedges</p>                    | <p>07/21</p> <p>Crispy Chicken Sandwich</p> <p>Buffalo Chicken Sandwich</p> <p>Sweet Corn</p> <p>Three Bean Salad</p> <p>Fresh Apples</p>                                          | <p>07/22</p> <p>Fun on the Run Bagel Meal</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Cherry Tomatoes</p> <p>Sliced Cucumbers</p> <p>Watermelon</p> <p>Orange Wedges</p> | <p>07/23</p> <p>American-Style Deli Sandwich</p> <p>Turkey and Cheese Sandwich</p> <p>Cherry Tomatoes</p> <p>Sliced Cucumbers</p> <p>Banana</p> <p>Orange Wedges</p> | <p>07/24</p> <p>Pizza Box</p> <p>Jerk Chicken Wrap</p> <p>Broccoli Florets</p> <p>Banana</p> <p>Sliced Apples</p>            |

## Lunch

| 07/27                       | 07/28               | 07/29            | 07/30                          | 07/31              |
|-----------------------------|---------------------|------------------|--------------------------------|--------------------|
| Yogurt Bagel Meal           | Chicken Ceasar Wrap | Turkey BLT Wrap  | Buffalo Chicken and cheese Sub | Pizza Box          |
| Sun Butter & Jelly Sandwich |                     |                  |                                | Jerk Chicken Wrap  |
|                             | Garbanzo            | Broccoli florets | Baby Carrots                   | Cherry Tomatoes    |
| Baby Carrots                | Watermelon          | Orange Wedges    | Fresh Apples                   | Fresh Strawberries |
| Watermelon                  |                     |                  |                                | Sliced Apples      |
| Fresh Apples                |                     |                  |                                |                    |

**Lunch Components:**  
*Take 3 out of 5,  
 one being Fruit or  
 a Vegetable*

This institution is an equal opportunity provider.

This institution is an equal opportunity provider.