

Lunch

Summer Menu JULY 2026

Mt Vernon City School

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate Juice is 100% Fruit Juice 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	07/01	07/02	07/03
07/06 ITALIAN MEATBALL SUB YOGURT BAGEL MEAL SWEET POTATO FRIES BABY CARROTS FRESH APPLE ORANGE WEDGES	07/07 BEEF HOT DOG VEGETARIAN BEANS	07/08 BEACON STREET STICKS W/SAUCE BROCCOLI FLORETS FRESH PEAR ORANGE WEDGES	07/09 CRISPY CHICKEN SANDWICH BUFFALO CHICKEN AND CHEESE SUB BABY CARROTS FRESH PEAR	07/10 CHEESE PIZZA CHERRY TOMATOES FRESH STRAWBERRIES
07/13 POPCORN CHICKEN W/ARROZ CON HABICHUELAS SWEET CORN BANANA	07/14 MACARONI & CHEESE W/ROLL SEASONED CARROTS FRESH APPLE	07/15 CRISPY CHICKEN SANDWICH BUFFALO CHICKEN AND CHEESE SUB SUMMER SQUASH SEASONED WATERMELON FRESH PEAR	07/16 BEEF NACHOS W/CHEESE SEASONED BLACK BEANS BABY CARROTS ORANGE WEDGES	07/17 CHEESE PIZZA CUCUMBER SLICES FRESH PEAR
07/20 CHICKEN NUGGETS W/ROLL BABY CARROTS WATERMELON ORANGE WEDGES	07/21 CHEESEBURGER SWEET CORN THREE BEAN SALAD FRESH APPLE		07/23 CRISTPY CHICKEN SANDWICH TURKEY AND CHEESE SANDWICH CHERRY TOMATOES BANANA ORANGE WEDGES	07/24 CHEESE PIZZA PARMESAN GREEN BEANS BANANA FRESH PEAR

Lunch

07/27	07/28	07/29	07/30	07/31
ITALIAN MEATBALL SUB YOGURT BAGEL MEAL	BEEF HOT DOG	BEACON STREET STICKS W/SAUCE	CRISPY CHICKEN SANDWICH	CHEESE PIZZA
SWEET POTATO FRIES	VEGETARIAN BEANS	BROCCOLI FLORETS	BUFFALO CHICKEN AND CHEESE SUB	CHERRY TOMATOES
BABY CARROTS		FRESH PEAR	BABY CARROTS	FRESH STRAWBERRIES
FRESH APPLE		ORANGE WEDGES	FRESH PEAR	
ORANGE WEDGES				

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

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