

Breakfast

September 2026

Mt. Vernon City School District 9th-12th Grade

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Did you know ...</i> <i>Breakfast and Lunch are FREE to all students!</i>	Milk is available with all meals All grains are whole grain rich Please note: <i>This menu may change. Nurses will be notified.</i>	09/02 Superintendent's Conference Day (No Students)	09/03 Dutch Waffles w/ Turkey Bacon Diced Peaches 100% Fruit Juice	09/04 Breakfast Wrap: Turkey Ham, Eggs & Cheese Tater Tots Oranges 100% Fruit Juice
09/07  NO SCHOOL	09/08 French Toast w/ Sausage Links Oranges 100% Fruit Juice	09/10 Egg & Cheese Sandwich On a Roll Fresh Pears 100% Fruit Juice	09/11 WG Pancakes w/Turkey Bacon Strawberries 100% Fruit Juice	09/12 Breakfast Wrap: Turkey Bacon, Eggs & Cheese Tater Tots Oranges 100% Fruit Juice
09/14 Cheese Omelet w/ Tater Tots Apple 100% Fruit Juice	09/15 French Toast Sticks Sausage Links OR Apple Frudel Clementines 100% Fruit Juice	09/16 English Muffin Sausage & Cheese Roasted Potatoes Fresh Banana 100% Fruit Juice	09/17 WG Pancakes w/Turkey Bacon Strawberries 100% Fruit Juice	09/18 Breakfast Wrap: Turkey Ham, Eggs & Cheese Tater Tots Oranges 100% Fruit Juice
09/21 YOM KIPPUR NO SCHOOL	09/22 French Toast Slices Sausage Links, Or Cinnamon Bun Oranges 100% Fruit Juice	09/23 Breakfast Burger: Omelet, Turkey Ham on a WG Bun Granny Smith Apple 100% Fruit Juice	09/24 Dutch Waffles w/ Turkey Bacon Diced Peaches 100% Fruit Juice	09/25 Breakfast Wrap: Turkey Ham, Eggs and Cheese Tater Tots Pineapples 100% Fruit Juice
09/28 Cheese Omelet w/ Tater Tots Apple 100% Fruit Juice	09/29 French Toast Slices Sausage Links Oranges 100% Fruit Juice	09/30 Turkey, Egg and Cheese Sandwich on a Bagel Fresh Pears 100% Fruit Juice		<u>DAILY OFFERINGS</u> BAGELS W/ CREAM CHEESE OR BUTTER ASSORTED BREAKFAST SANDWICHES ASSORTED MUFFINS PARFAITS: STRAWBERRY, BLUEBERRY OR PEACH

Students Must Take
3 Breakfast Components:
Grain, Fruit and Milk

This institution is an equal opportunity provider.

All MVCSD Students eat their first serving of
breakfast and lunch for free, every day.

Choice of Milk Daily: 1% Milk,
Fat Free, Fat Free Chocolate
Juice is 100% Fruit Juice