

Breakfast

September 2026 Mt Vernon City PRE K

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 <i>Please note: This menu may change. Nurses will be notified.</i>	09/02 Superintendent's Conference Day (No Students)	09/03 Oatmeal Chocolate Chip Bar Clementines 100 % Fruit Juice	09/04 Blueberry Muffin Granny Smith Apple 100% Fruit Juice
09/07  NO SCHOOL	09/08 Strawberry Pop Tart Graham Crackers Orange 100% Fruit Juice	09/09 Sausage Egg and Cheese Sandwich Granny Smith Apple 100% Fruit Juice	09/10 Snack'n Maple Waffles Banana 100% Fruit Juice	09/11 Chocolate Muffin Orange 100% Fruit Juice
09/14 Coco Puff w/ Cheese Sticks Grahams Crackers Orange 100% Fruit Juice	09/15 Banana Muffin Apple 100% Fruit Juice	09/16 Egg and Cheese Sandwich Orange 100% Fruit Juice	09/17 Mini Maple Pancakes Banana 100% Fruit Juice	09/18 Apple Cinnamon Muffin Fresh Pears 100% Fruit Juice
09/21 YOM KIPPUR NO SCHOOL	09/22 Blueberry Pop Tarts Orange 100% Fruit Juice	09/23 Bacon Egg and Cheese Sandwich Fresh Strawberries 100% Fruit Juice	09/24 Mini French Toast Banana 100% Fruit Juice	09/25 Oatmeal Chocolate Bar Granny Smith Apple 100% Fruit Juice
09/28 Trix Cereal Bar w/ Cinnamon Goldfish Cheese Stick Apple 100% Fruit Juice	09/29 Cinnamon Buns Orange 100% Fruit Juice	09/30 Mini Confetti Pancakes Banana 100% Fruit Juice		

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,
Juice is 100% Fruit Juice