

Lunch

September 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
AVAILABLE DAILY ASSORTED PARFAITS, PIZZA, BURGER BAR: BEEF & CHICKEN OPTIONS TACO BAR: NACHOS, SOFT & HARD SHELLS Lunch Components: Take 3 out of 5, one being Fruit or a Vegetable	AVAILABLE DAILY MADE TO ORDER DELI: PANINI, SANDWICHES, WRAPS, SUBS, & FRESH SALADS	Milk is available with all meals All grains are whole grain rich Please note: This menu may change. Nurses will be notified.	09/03 Limited Time Offer: Western Wedge Chicken Potato Wedges Sliced Cucumbers Clementines	09/04 General Tso's Chicken w/ LoMein Sweet Peas Steamed Carrots Diced Peaches
09/07  NO SCHOOL	09/08 Tortilla Burger Bowl Seasoned Black Beans Red Bell Pepper Strips Apple Slices	09/10 Cajun Chicken Alfredo Steamed Green Beans Glazed Carrots Pineapple Tidbits	09/11 Mac N Cheese Chicken Tenders Broccoli Florets Corn on the Cobb Fresh Oranges	09/12 Curry Chicken Brown Rice Mixed Vegetables Fresh Apple
09/14 Limited Time Offer: Orange Chicken Stir-fry Steamed Peas & Carrots Fresh Apples	09/15 Soft Turkey Tacos Sweet Corn Cherry Tomatoes Black Bean Salsa Fresh Oranges	09/16 BBQ Chicken Drumsticks Rice and Beans Zucchini Bake Plantains Apple Slices	09/17 Limited Time Offer: Cajun Chicken Po'boy Potato Wedges Cucumber Coins Mandarin Oranges	09/19 Baked Penne w/ Dinner Roll Garden Side Salad Steamed Carrots Fresh Pears
09/21 YOM KIPPUR NO SCHOOL	09/22 Walking Taco Brown Rice Mexican Black Beans Red Bell Pepper Strips Salsa Oranges	09/23 Double Lasagna Roll Ups Garlic & Herb Broccoli Cucumber Coins Apple Slices	09/24 Sweet and Sour Chicken Vegetable Fried Rice Sweet Peas Clementines	09/25 Philly Cheese Steak OR Quesadilla Oven Baked Fries Baby Carrots Pineapple Tidbits *National Quesadilla Day*
09/28 Spaghetti w/ Meatballs Green Beans Cherry Tomatoes Pineapple Tidbits	09/29 Teriyaki Chicken w/ Brown Rice Roasted Broccoli Red Bell Pepper Strips Fresh Oranges	09/30 BRUNCH FOR LUNCH! French Toast Sticks Turkey Sausage Links Sweet Potato Fries Cherry Tomatoes Fresh Apples		Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate Milk 100% Fruit Juice Is Served On Monday, Wednesday, & Friday.

This institution is an equal opportunity provider.

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