

Lunch

September 2026 Mt Vernon City School Pre-K

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Milk Daily: 1% Milk, Fat Free	Milk is available with all meals All grains are whole grain rich Please note: This menu may change. Nurses will be notified.	09/02 Superintendent's Conference Day (No Students)	09/03 Mac & Cheese Sun butter & Jelly Sandwich Steam Broccoli Apple Slices	09/04 Cheese or Turkey Pepperoni Pizza Sun butter & Jelly Sandwich Baby Carrots Diced Peaches
09/07 	09/08 Beef and Cheese Nachos Sun butter & Jelly Sandwich Refried Beans Orange	09/09 LTO: Orange Chicken Stir Fry LoMein Noodles Sun butter & Jelly Sandwich Broccoli Florets Pineapple Tidbits	09/10 French Toast Sticks w/Turkey Sausage Links Sun butter & Jelly Sandwich Sweet Potato Fries Apple	09/11 Cheese or Turkey Pepperoni Pizza Sun butter & Jelly Sandwich Tater Tots Pineapple Tidbits
09/14 Stuffed Cheese Breadsticks OR Hot Dog Sun butter & Jelly Carrots Apple Sauce	09/15 Chicken Alfredo Mac OR Alfredo Mac Sun butter & Jelly Sandwich Broccoli Orange	09/17 Popcorn Chicken Bowl Sun butter & Jelly Mash Potatoes Sweet Corn Apple Slices	09/18 Chicken n Waffles Sun butter & Jelly Sweet Potato Fries Cucumber Coins Pears	09/19 Cheese or Turkey Pepperoni Pizza Sun butter & Jelly Baby Carrots Diced Peaches
09/21 YOM KIPPUR NO SCHOOL	09/22 Turkey & Cheese Tacos Sun butter & Jelly Sandwich Black Beans Oranges	09/23 Baked Penne/ Bread Stick Sun butter & Jelly Sandwich Seasoned Green Beans Strawberries	09/24 Crispy Chicken Sandwich Sun butter & Jelly Sandwich Oven Baked Fries Apple Slices	09/25 Cheese or Turkey Pepperoni Pizza Cheese Quesadilla Sun butter & Jelly Garden Salad Diced Peaches *National Quesadilla Day*
09/28 Cheeseburger Sun butter & Jelly Sandwich Broccoli Diced Peaches	09/29 Mac & Cheese w/BBQ Chicken Drumstick Sun butter & Jelly Sandwich Sweet Peas Apple Slices	09/30 Rice & Beans w/ Fajita Chicken Sun butter & Jelly Sandwich Plantains Oranges		

This institution is an equal opportunity provider.

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