

Lunch

September 2026 Mt Vernon City School K to 8th Grade Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate 100% Fruit Juice Served Tuesdays and Thursday	Milk is available with all meals All grains are whole grain rich Please note: <i>This menu may change.</i> <i>Nurses will be notified.</i>	09/02 Superintendent Conference Day (No Students)	09/03 Mac & Cheese Corn Dogs Sun butter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Steam Broccoli Red Bell Pepper Strips Apple Slices	09/04 Cheese or Turkey Pepperoni Pizza OR Veggie Burger Sun butter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Garden Salad Baby Carrots Diced Peaches
09/07 	09/08 Beef and Cheese Nachos OR Grilled Cheese Sandwich Sun butter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Refried Beans Tomato Soup Orange	09/09 LT0: Orange Chicken Stir Fry OR Chicken Egg Rolls w/ LoMein Noodles Sun butter & Jelly Sandwich Turkey & Cheese Sandwich Blueberry Parfait Seasoned Carrots Broccoli Florets Pineapple Tidbits	09/10 French Toast Sticks w/Turkey Sausage Links OR Egg & Cheese on a Bagel Turkey & Cheese Sandwich Blueberry Parfait Sun butter & Jelly Sweet Potato Fries Cucumber Coins Apple	09/11 Cheese or Turkey Pepperoni Pizza OR Cheeseburger Sun butter & Jelly Sandwich Cheese Sandwich Blueberry Parfait Garden Salad Tater Tots Pineapple Tidbits
09/14 Stuffed Cheese Breadsticks OR Hot Dog Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Vegetarian Beans Carrots Apple Sauce	09/15 Chicken Alfredo Mac OR Alfredo Mac Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Broccoli Sweet Peas Orange	09/17 Popcorn Chicken Bowl Or Veggie Nugget Bowl Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Mash Potatoes Sweet Corn Apple Slices	09/18 Chicken n Waffles Crispy Chicken Wrap Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Sweet Potato Fries Cucumber Coins Pears	09/19 Cheese or Turkey Pepperoni Pizza OR Meatball Hero Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Garden Salad Baby Carrots Diced Peaches
09/21 YOM KIPPUR NO SCHOOL	09/22 Turkey & Cheese Tacos OR Veggie Burger Cheese Sandwich Blueberry Parfait Sun butter & Jelly Sandwich Black Beans Red Pepper Strips Oranges	09/23 Baked Penne/ Bread Stick Chicken Parm Sandwich Cheese Sandwich Blueberry Parfait Sun butter & Jelly Sandwich Seasoned Green Beans Carrots Strawberries	09/24 Crispy Chicken Sandwich OR Grilled Cheese Sandwich Cheese Sandwich Blueberry Parfait Sun butter & Jelly Sandwich Oven Baked Fries Apple Slices	09/25 Cheese or Turkey Pepperoni Pizza OR Cheese Quesadilla Turkey Ham & Cheese Sandwich Peach Parfait Sun butter & Jelly Garden Salad Diced Peaches *National Quesadilla Day*
09/28 Cheeseburger OR Beef & Cheese Burrito Turkey & Cheese Sandwich Strawberry Parfait Sun butter & Jelly Sandwich Corn Broccoli Diced Peaches	09/29 Mac & Cheese w/BBQ Chicken Drumstick OR Mac & Cheese Turkey & Cheese Sandwich Strawberry Parfait Sun butter & Jelly Sandwich Sweet Peas Red Bell Pepper Strips Apple Slices	09/30 Rice & Beans w/ Fajita Chicken Cheesy Breadsticks Turkey & Cheese Sandwich Strawberry Parfait Sun butter & Jelly Sandwich Plantains Cucumber Coins Oranges		

This institution is an equal opportunity provider.

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