



OCTOBER 2026

BREAKFAST MENU

Grades 9 12 Menu

Mount Vernon City School District



NATIONAL SCHOOL LUNCH WEEK OCT 12–16, 2026

This year's theme: **CAFETERIA CIRCUS** • Celebrate school meals with us all week long see the NSLW days on this menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Did you know... Breakfast and Lunch are FREE for all students!	Breakfast Components Students must take 3: Grain, Fruit and Milk	Choice of Milk Daily 1% Milk, Fat Free, Fat Free Chocolate. Juice is 100% Fruit Juice.	10/01 Dutch Waffles w/ Turkey Bacon Diced Peaches • 100% Fruit Juice	10/02 Breakfast Wrap Turkey Ham, Eggs & Cheese Tater Tots • Oranges • 100% Fruit Juice
10/05 Cheese Omelet w/ Tater Tots Apple • 100% Fruit Juice	10/06 French Toast w/ Sausage Link Oranges • 100% Fruit Juice	10/07 Egg & Cheese Sandwich on a Roll Banana • 100% Fruit Juice	10/08 Whole Grain Pancakes w/ Turkey Bacon Strawberries • 100% Fruit Juice	10/09 Breakfast Wrap Turkey Bacon, Eggs & Cheese Tater Tots • Oranges • 100% Fruit Juice
10/12 NO SCHOOL Columbus Day	10/13 🏠 NSLW French Toast Sticks & Sausage Links OR Apple Frudel Clementines • 100% Fruit Juice	10/14 🏠 NSLW Omelet Breakfast Burger Omelet & Turkey Ham on a WG Bun Granny Smith Apple • 100% Fruit Juice	10/15 🏠 NSLW Dutch Waffles w/ Turkey Bacon Strawberries • 100% Fruit Juice	10/16 🏠 NSLW Breakfast Wrap Turkey Ham, Eggs & Cheese Tater Tots • Oranges • 100% Fruit Juice
10/19 Cheese Omelet w/ Tater Tots Apple • 100% Fruit Juice	10/20 French Toast Slices Sausage Links OR Cinnamon Bun Oranges • 100% Fruit Juice	10/21 Turkey, Egg & Cheese Sandwich on a Bagel Banana • 100% Fruit Juice	10/22 Pancakes w/ Turkey Bacon Diced Peaches • 100% Fruit Juice	10/23 Breakfast Wrap Turkey Ham, Eggs & Cheese Tater Tots • Pineapples • 100% Fruit Juice
10/26 Cheese Omelet w/ Tater Tots Apple • 100% Fruit Juice	10/27 French Toast Slices w/ Sausage Links Oranges • 100% Fruit Juice	10/28 Omelet Breakfast Burger Omelet & Turkey Ham on a WG Bun Granny Smith Apple • 100% Fruit Juice	10/29 Dutch Waffles w/ Turkey Bacon Strawberries • 100% Fruit Juice	10/30 Breakfast Wrap Turkey Ham, Eggs & Cheese Tater Tots • Oranges • 100% Fruit Juice

Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate • Juice is 100% Fruit Juice • Milk is available with all meals • All grains are whole grain rich

Although we make every effort to serve menus as planned, this menu may change without notice. This institution is an equal opportunity provider.