



OCTOBER 2026

BREAKFAST MENU

Elementary 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 Chocolate Muffin Banana • 100% Fruit Juice	10/02 Snack'n Maple Waffles Orange • 100% Fruit Juice
10/05 Cinnamon Toast Crunch Cereal Bar w/ Cinnamon Goldfish Pears • 100% Fruit Juice	10/06 Trix Cereal Graham Crackers • Apple • 100% Fruit Juice	10/07 Chocolate Filled Crescent Orange • 100% Fruit Juice	10/08 Oatmeal Bars Banana • 100% Fruit Juice	10/09 Chocolate Muffin Apple Slices • 100% Fruit Juice
10/12 NO SCHOOL <i>Columbus Day</i>	10/13 🏠 NSLW Strawberry Pop-Tarts Graham Crackers • Orange • 100% Fruit Juice	10/14 🏠 NSLW Cinnamon Bun Fresh Strawberries • 100% Fruit Juice	10/15 🏠 NSLW Snack'n Maple Waffles Banana • 100% Fruit Juice	10/16 🏠 NSLW Chocolate Muffin Granny Smith Apple • 100% Fruit Juice
10/19 Cocoa Puffs Cereal Graham Crackers • Cheese Sticks • Oranges • 100% Fruit Juice	10/20 Banana Bread Apples • 100% Fruit Juice	10/21 Chocolate Filled Crescent Fresh Blueberries • 100% Fruit Juice	10/22 Mini Pancakes Banana • 100% Fruit Juice	10/23 Chocolate Muffin Orange • 100% Fruit Juice
10/26 Apple Cinnamon Cheerios Goldfish • Cheese Stick • Fresh Pear • 100% Fruit Juice	10/27 Blueberry Pop-Tarts Graham Crackers • Orange • 100% Fruit Juice	10/28 Banana Bread Apple Slices • 100% Fruit Juice	10/29 Mini French Toast Banana • 100% Fruit Juice	10/30 Oatmeal Bars Granny Smith Apple • 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.