



OCTOBER 2026

LUNCH MENU

Pre K Menu

Mount Vernon City School District



NATIONAL SCHOOL LUNCH WEEK OCT 12–16, 2026

This year's theme: **CAFETERIA CIRCUS** • Step right up to the greatest lunch on earth! Look for the NSLW days on this menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Did you know... Breakfast and Lunch are FREE for all students!	Lunch Components Take 3 out of 5, one being a Fruit or a Vegetable.	Choice of Milk Daily 1% Milk, Fat Free, Fat Free Chocolate. 100% Fruit Juice served Tuesdays & Thursdays.	10/01 French Toast Sticks w/ Turkey Sausage Links SunButter & Jelly Sandwich • Roasted Potatoes • Apple Slices	10/02 Cheese Pizza SunButter & Jelly Sandwich • Baby Carrots • Diced Peaches
10/05 Chicken Nuggets w/ Biscuit SunButter & Jelly Sandwich • Broccoli Florets • Diced Pears	10/06 Beef & Cheese Nachos SunButter & Jelly Sandwich • Steamed Corn • Orange	10/07 General Tso Chicken Lo Mein Noodles SunButter & Jelly Sandwich • Carrots • Diced Peaches	10/08 Dutch Waffles w/ Turkey Sausage Links SunButter & Jelly Sandwich • Sweet Potato Fries • Apple Slices	10/09 Cheese Pizza SunButter & Jelly Sandwich • Baby Carrots • Pineapple Tidbits
10/12 NO SCHOOL <i>Columbus Day</i>	10/13 🏠 NSLW Grilled Cheese Sandwich SunButter & Jelly Sandwich • Seasoned Black Beans • Red Bell Peppers • Orange	10/14 🏠 NSLW Chicken Drumsticks w/ Biscuit SunButter & Jelly Sandwich • Mashed Potatoes w/ Gravy • Sweet Corn • Applesauce	10/15 🏠 NSLW Mac N Cheese SunButter & Jelly Sandwich • Broccoli • Apple Slices	10/16 🏠 NSLW Cheese Pizza SunButter & Jelly Sandwich • Baby Carrots • Diced Peaches
10/19 Chicken Tenders w/ Biscuits SunButter & Jelly Sandwich • Seasoned Green Beans • Diced Peaches	10/20 Beef & Cheese Nachos SunButter & Jelly Sandwich • Corn • Applesauce	10/21 Orange Chicken Fried Rice SunButter & Jelly Sandwich • Seasoned Green Beans • Oranges	10/22 French Toast Sticks Two Turkey Patties SunButter & Jelly Sandwich • Sweet Potato Fries • Apple Slices	10/23 Cheese Pizza SunButter & Jelly Sandwich • Tater Tots • Diced Peaches
10/26 Stuffed Cheesy Bread SunButter & Jelly Sandwich • Steamed Carrots • Pineapple Tidbits	10/27 Chicken Alfredo Pasta SunButter & Jelly Sandwich • Broccoli Florets • Apple Slices	10/28 Popcorn Chicken Biscuits SunButter & Jelly Sandwich • Corn • Mashed Potatoes • Oranges	10/29 Chicken & Waffles SunButter & Jelly Sandwich • Sweet Potato Fries • Strawberries	10/30 Cheese Pizza SunButter & Jelly Sandwich • Carrot Sticks • Fresh Apples

Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate • 100% Fruit Juice served Tuesdays & Thursdays • 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.