



OCTOBER 2026

BREAKFAST MENU

Pre K 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 Snack'n Waffles Clementines • 100% Fruit Juice	10/02 Apple Cinnamon Muffin Graham Crackers • Granny Smith Apple • 100% Fruit Juice
10/05 Cinnamon Toast Crunch Cereal Graham Crackers • Orange • 100% Fruit Juice	10/06 Banana Bread Orange • 100% Fruit Juice	10/07 Bagel w/ Cream Cheese Granny Smith Apple • 100% Fruit Juice	10/08 Cinni Mini Rolls Banana • 100% Fruit Juice	10/09 Blueberry Muffin w/ Graham Crackers Orange • 100% Fruit Juice
10/12 NO SCHOOL <i>Columbus Day</i>	10/13 🏠 NSLW Strawberry Yogurt Graham Crackers • Orange • 100% Fruit Juice	10/14 🏠 NSLW Turkey Sausage, Egg & Cheese Sandwich Apple • 100% Fruit Juice	10/15 🏠 NSLW Snack'n Waffles Banana • 100% Fruit Juice	10/16 🏠 NSLW Blueberry Muffin Sliced Oranges • 100% Fruit Juice
10/19 Cheerios Graham Crackers • Sliced Oranges • 100% Fruit Juice	10/20 Banana Bread Applesauce • 100% Fruit Juice	10/21 Egg & Cheese Sandwich Fresh Strawberries • 100% Fruit Juice	10/22 Mini Pancakes Banana • 100% Fruit Juice	10/23 Apple Muffin Fresh Pears • 100% Fruit Juice
10/26 Cinnamon Chex w/ Cinnamon Goldfish Apple • 100% Fruit Juice	10/27 Strawberry Yogurt Graham Crackers • Orange • 100% Fruit Juice	10/28 Blueberry Muffins Fresh Strawberries • 100% Fruit Juice	10/29 Mini French Toast Banana • 100% Fruit Juice	10/30 Chocolate Chip Muffin Apple Slices • 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.