



OCTOBER 2026

LUNCH MENU

Pre K to 8th Grade 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!	Offer vs. Serve Choose at least 3 of the 5 items and make one a Fruit or a Vegetable. Take all 5 for the full meal!	Choice of Milk Daily 1% Milk, Fat Free, Fat Free Chocolate. 100% Fruit Juice served Tuesdays & Thursdays.	10/01 BBQ Meatball Sub Turkey & Cheese Sandwich • Strawberry Parfait • Potato Wedges • Broccoli Florets • Applesauce	10/02 Cheese or Turkey Pepperoni Pizza OR Veggie Burger SunButter & Jelly • Turkey & Cheese • Strawberry Parfait • Garden Salad • Baby Carrots • Diced Peaches
10/05 Chicken Nuggets w/ Biscuit Grilled Cheese Sandwich • Turkey Ham & Cheese • Peach Parfait • Oven Baked Fries • Cucumber Coins • Diced Peaches	10/06 Beef & Cheese Nachos Cheese Quesadilla • SunButter & Jelly • Turkey Ham & Cheese Sandwich • Peach Parfait • Steamed Corn • Black Bean Salsa • Cinnamon Applesauce	10/07 General Tso Chicken OR Vegetable Dumplings Lo Mein Noodles SunButter & Jelly • Turkey Ham & Cheese Sandwich • Peach Parfait • Carrots • Steamed Broccoli • Grapes	10/08 BBQ Cheeseburger OR Sausage, Egg & Cheese on a Bagel Turkey Ham & Cheese • Peach Parfait • SunButter & Jelly • Sweet Potato Fries • Cucumber Coins • Apple Slices	10/09 French Bread Pizza OR Meatball Hero SunButter & Jelly Sandwich • Turkey Ham & Cheese • Peach Parfait • Garden Salad • Baby Carrots • Oranges
10/12 NO SCHOOL <i>Columbus Day</i>	10/13 🍷 NSLW Walkin' Tacos OR Veggie Burger Blueberry Parfait • Cheese Sandwich • SunButter & Jelly • Seasoned Black Beans • Red Bell Peppers • Orange	10/14 🍷 NSLW Chicken Drumsticks w/ Biscuit Cheese Sandwich • Blueberry Parfait • SunButter & Jelly • Mashed Potatoes w/ Gravy • Sweet Corn • Grapes	10/15 🍷 NSLW Mac N Cheese OR Corn Dogs Cheese Sandwich • Blueberry Parfait • SunButter & Jelly • Sweet Peas • Broccoli • Applesauce	10/16 🍷 NSLW Cheese or Turkey Pepperoni Pizza OR Philly Cheese Steak Cheese Sandwich • Blueberry Parfait • SunButter & Jelly • Garden Salad • Baby Carrots • Diced Peaches
10/19 Chicken Tenders w/ Biscuits Veggie Burger Turkey & Cheese Sandwich • Strawberry Parfait • SunButter & Jelly • Seasoned Green Beans • Diced Peaches	10/20 Beef & Cheese Nachos OR Grilled Cheese Sandwich Turkey & Cheese Sandwich • Strawberry Parfait • SunButter & Jelly Sandwich • Corn • Tomato Soup • Applesauce	10/21 Orange Chicken OR Chicken Egg Roll Fried Rice Turkey & Cheese Sandwich • Strawberry Parfait • SunButter & Jelly Sandwich • Seasoned Green Beans • Cucumber Coins • Oranges	10/22 French Toast Sticks Two Turkey Sausage Links OR Sausage, Egg & Cheese on a Roll Turkey & Cheese Sandwich • Strawberry Parfait • SunButter & Jelly Sandwich • Sweet Potato Fries • Apple Slices	10/23 Cheese or Turkey Pepperoni Pizza OR Cheeseburgers Turkey & Cheese Sandwich • Strawberry Parfait • SunButter & Jelly • Garden Salad • Cherry Tomatoes • Diced Peaches
10/26 Chicken & Waffles OR Crispy Chicken Wrap Turkey Ham & Cheese Sandwich • Peach Parfait • SunButter & Jelly • Steamed Carrots • Vegetarian Beans • Pineapple Tidbits	10/27 Meatball Parm over Spaghetti OR Shoyu Chicken Potsticker Soup w/ Corn Turkey Ham & Cheese • Peach Parfait • SunButter & Jelly • Broccoli Florets • Apple Slices	10/28 Popcorn Chicken OR Veggie Nuggets Biscuits Turkey Ham & Cheese • Peach Parfait • SunButter & Jelly • Corn • Mashed Potatoes • Oranges	10/29 Cheeseburger OR Hot Dogs Turkey Ham & Cheese • Peach Parfait • SunButter & Jelly • Sweet Potato Fries • Sliced Cucumbers • Pears	10/30 Tony Cheese Pizza / Pepperoni Pizza OR Stuffed Cheesy Bread Turkey Ham & Cheese • Peach Parfait • SunButter & Jelly • Garden Side Salad • 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.