



OCTOBER 2026

LUNCH MENU

Grades 9 12 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
Available Daily Assorted Parfaits & Pizza • Burger Bar: Beef & Chicken Options • Taco Bar: Nachos, Soft & Hard Shells	Available Daily Made-to-Order Deli: Panini, Sandwiches, Wraps, Subs & Fresh Salads	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!	10/01 Jerk Chicken Rice & Beans • Baked Plantains • Steamed Broccoli • Grapes	10/02 Chicken Drumsticks Biscuits • Baked Potato Wedges • Oranges
10/05 Baked Mac & Cheese Garlic Herb Carrots • Broccoli Florets • Pineapple Tidbits	10/06 Chicken & Waffles Sweet Potato Fries • Red Bell Peppers • Diced Peaches	10/07 Baked Penne Dinner Roll • Steamed Green Beans • Grapes	10/08 Loaded Tater Tots Chili w/ Beans Cucumber Coins • Fresh Oranges	10/09 General Tso's Chicken Lo Mein Sweet Peas • Steamed Carrots • Fresh Apple
10/12 NO SCHOOL <i>Columbus Day</i>	10/13 🏠 NSLW Tortilla Burger Bowl Seasoned Black Beans • Mandarin Oranges	10/14 🏠 NSLW Cajun Chicken Alfredo Steamed Green Beans • Garden Salad • Apple Slices	10/15 🏠 NSLW Mac & Cheese Chicken Tenders Broccoli Florets • Strawberries	10/16 🏠 NSLW Curry Chicken Brown Rice • Mixed Vegetables • Steamed Carrots • Fresh Pears
10/19 Orange Chicken OR LTO: Seoul Street Gricia Fried Rice • Baby Carrots • Broccoli • Diced Peaches	10/20 Soft Tacos Corn • Black Bean Salsa • Oranges	10/21 BBQ Chicken Drumsticks Rice & Beans • Roasted Zucchini • Baked Plantains • Apple Slices	10/22 Cajun Chicken Po'Boy Baked Potato Wedges • Cucumber Coins • Clementines	10/23 Baked Penne w/ Meatballs Dinner Rolls • Garden Side Salad • Baby Carrots • Fresh Apples
10/26 Chicken Alfredo Broccoli • Steamed Carrots • Pineapple Tidbits	10/27 Walkin' Tacos Mexican Black Beans • Red Bell Peppers • Orange	10/28 BBQ Meatball Sub Potato Wedges • Coleslaw • Grapes	10/29 Sweet & Sour Chicken Sweet Peas • Garlic Herb Broccoli • Apple Slices	10/30 Meatball Parmigiana Penne Pasta Garlic Bread Sticks • Garden Salad • Diced Peaches ★ National Breadstick Day!

Choice of Milk Daily: 1% Milk, Fat Free, Fat Free Chocolate • 100% Fruit Juice served Monday, Wednesday & Friday • 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.