NOVEMBER 2026

Breakfast Menu

Mount Vernon City School District • 9th–12th Grade Secondary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/02 **Cheese Omelet w/ Tater Tots** Apple 100% Fruit Juice	**11/03**  **No Students in Session**	**11/04** **Sausage, Egg & Cheese Sandwich** On a Roll Fresh Pears 100% Fruit Juice	**11/05** **Pancakes w/ Turkey Bacon** Diced Peaches 100% Fruit Juice	**11/06** **Breakfast Wrap:** Steak, Eggs & Cheese Tater Tots Oranges 100% Fruit Juice
11/09 **Cheese Omelet w/ Tater Tots** Apple 100% Fruit Juice	**11/10** **French Toast w/ Sausage Links** Oranges 100% Fruit Juice	**11/11** 	**11/12** **WG Dutch w/Turkey Bacon** Strawberries 100% Fruit Juice	**11/13** **Breakfast Wrap:** Turkey Bacon, Eggs & Cheese Tater Tots Oranges 100% Fruit Juice
11/16 **Cheese Omelet w/ Tater Tots** Apple 100% Fruit Juice	**11/17** **French Toast Sticks** Sausage Links OR Apple Frudel Clementines 100% Fruit Juice	**11/18** **English Muffin Sausage & Cheese** Roasted Potatoes Fresh Banana 100% Fruit Juice	**11/19** **WG Pancakes w/Turkey Bacon** Strawberries 100% Fruit Juice	**11/20** **Breakfast Wrap:** Turkey Ham, Eggs & Cheese Tater Tots Oranges 100% Fruit Juice
11/23 **Cheese Omelet w/ Tater Tots** Apple 100% Fruit Juice	**11/24** **French Toast Sticks** Sausage Links Clementines 100% Fruit Juice	**11/25** **Half Day** **Egg & Cheese Sandwich** On a Roll Fresh Pears 100% Fruit Juice	**11/26** 	**11/27** **NO SCHOOL**
11/30 **Cheese Omelet w/ Tater Tots** Apple 100% Fruit Juice		**Milk is available with all meals** **All grains are whole grain rich** *Please note: This menu may change. Nurses will be notified.*	**Did you know …** **Breakfast and Lunch are FREE to all students**	**DAILY OFFERINGS** BAGELS W/ CREAM CHEESE OR BUTTER ASSORTED BREAKFAST SANDWICHES ASSORTED MUFFINS PARFAITS: STRAWBERRY, BLUEBERRY, PEACH

Choice of Milk Daily:
1% Milk, Fat Free, Fat Free Chocolate
Juice is 100% Fruit Juice

Students Must Take 3 Breakfast Components:
Grain, Fruit and Milk

FREE Meals for Every Student
All MVCSD students eat their first serving of breakfast and lunch for free, every day.
This institution is an equal opportunity provider.