

MOUNT VERNON COMMUNITY SCHOOL: NOVEMBER 2025 BREAKFAST MENU: MIDDLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sausage Wrap or Breakfast Sandwich or Cereal w/ Toast Strawberry Yogurt Cup Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	4 Egg & Cheese Croissant or Breakfast Sandwich or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	5 French Toast Sticks or Breakfast Sandwich or Cereal w/ Toast Turkey Sausage Links Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	6 Bacon Breakfast Pizza or Breakfast Sandwich or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	7 Frosted Long John Donut or Breakfast Sandwich or Cereal w/ Toast Roasted Sweet Potatoes w/ Cinnamon Apples Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup
10 Sausage Egg & Cheese Bagel or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	11 Pancakes or Breakfast Sandwich or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	12 Banana Split Parfait or Breakfast Sandwich or Cereal & Toast or a Muffin Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	13 Cheese Omelet or Breakfast Sandwich or Cereal w/ Toast Tater Tots Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	14 Frosted Long John Donut or Breakfast Sandwich or Cereal w/ Toast Veggie Egg Scramble or Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup
17 Sausage Wrap or Breakfast Sandwich or Cereal w/ Toast Strawberry Yogurt Cup Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	18 Egg & Cheese Croissant or Breakfast Sandwich or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	19 French Toast Sticks or Breakfast Sandwich or Cereal w/ Toast Turkey Sausage Links Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	20 Bacon Breakfast Pizza or Breakfast Sandwich or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	21 Frosted Long John Donut or Breakfast Sandwich or Cereal w/ Toast Roasted Sweet Potatoes w/ Cinnamon Apples Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup
20 Sausage Egg & Cheese Bagel or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	25 Pancakes or Breakfast Sandwich or Cereal w/ Toast Hard Boiled Egg Fresh Buffalo Ridge Orchard Apple, Banana, or Peaches & Fruit Juice Cup	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
ALL POSTED MENUS ARE SUBJECT TO CHANGE DUE TO SCHOOL SCHEDULES, SPECIAL OCCASIONS, OR FOOD AVAILABILITY.	VARIETY OF PROTEIN, GRAIN, FRUIT, AND VEGGIES INCLUDED THROUGHOUT THE WEEK.	VARIETY OF MILK OFFERED DAILY		