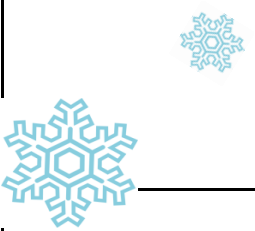
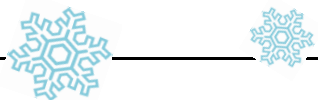

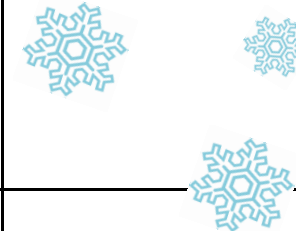




**Mount Vernon School District**  
*Growing Healthy Students!*



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Harvest of the Month</b> <b>BEANS!</b> December 7th and 13th.  			1-Dec <b>Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
				<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>
4-Dec <b>Mandarin Orange Chicken</b> with Brown Rice Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	5-Dec <b>Texas Toast w/ Cheese</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk	6-Dec <b>Turkey &amp; Mashed Potatoes</b> w/ Gravy & Dinner Roll Cranberry Sauce Spice Cake Salad & Fruit Bar Nonfat & 1% Milk	7-Dec <b>Burrito</b> Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk	8-Dec <b>BBQ Pulled Pork Sandwich</b> Sweet Corn Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>

**Meal Prices:**

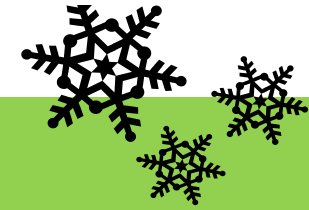
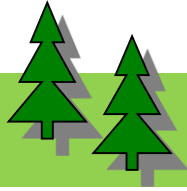
**Elementary** - Breakfast \$ No Charge, Lunch \$2.75

**Adult** - Lunch \$4.00

**Reduced Price** - Breakfast \$0.00 - Lunch \$0.40

**Milk** - \$0.50





Each lunch comes complete with salad bar or **fresh vegetable**, choice of **fresh fruit**, and **milk**!

Monday	Tuesday	Wednesday	Thursday	Friday	
11-Dec <b>Chicken Nuggets</b> Apple Churro Salad & Fruit Bar Nonfat & 1% Milk	12-Dec <b>Hot Ham &amp; Cheese Sandwich</b> Sun Chips Salad & Fruit Bar Nonfat & 1% Milk	13-Dec <b>Chili</b> Whole Wheat Roll Corn Salad & Fruit Bar Nonfat & 1% Milk	14-Dec <b>Chicken &amp; Cheese Quesadilla</b> Refried Beans Salad & Fruit Bar Nonfat & 1% Milk	15-Dec <b>Pepperoni Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>	
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>	
18-Dec <b>Teriyaki Beef</b> w/ Onions & Bell Peppers Steamed Brown Rice Salad & Fruit Bar Nonfat & 1% Milk	19-Dec <b>Cooks Choice Day!</b> <b>Chocolate Chip Cookie!</b> Salad & Fruit Bar Nonfat & 1% Milk	<b>Winter Break - No School</b>			22-Dec
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Winter Break - No School</b>			
25-Dec	26-Dec	27-Dec	<b>Winter Break - No School</b>		

This institution is an equal opportunity provider and employer. Menu subject to change without notice.  
**Questions? Call David Connors, Food Services Director, at (360) 428-6149.**