



Mount Vernon School District

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Harvest of the Month: Broccoli!!!</p> <p>Join us November 6th and 20th as we enjoy local broccoli! Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium & fiber. A few lucky schools will have special guests in their cafeterias those days. Lets get excited about Broccoli!!</p>			<p>1-Nov</p> <p>Burrito Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>2-Nov</p> <p>Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk</p>
			<p>Mini Muffin Loaf Fresh Fruit & Milk</p>	<p>Sausage, Egg, & Cheese Burrito Fresh Fruit & Milk</p>
<p>5-Nov</p> <p>Mandarin Orange Chicken Steamed Brown rice Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>6-Nov</p> <p>Hamburger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>7-Nov</p> <p>Hot Ham & Cheese Sandwich Doritos Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>8-Nov</p> <p>Thanksgiving Meal Turkey & Gravy Mashed Potatoes Whole Wheat Roll Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>9-Nov</p> <p>Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk</p>
<p>Cereal Choice & Yogurt Fresh Fruit & Milk</p>	<p>Pancake & Sausage on a stick Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Mini Muffin Loaf Fresh Fruit & Milk</p>	<p>Sausage, Egg, & Cheese Burrito Fresh Fruit & Milk</p>

Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

\$\$\$ Student Lunch News \$\$\$

Please note: Balances carry over from last year, even if you have changed school sites in the Mount Vernon School District.

Please be aware of your student's lunch account balance. Applications for free and reduced lunches are located in the school office and the Food Service office.

We appreciate your attention!



Did You Know:

Each lunch comes complete with **fresh vegetables**, **choice of fresh fruit**, and **milk!**

Monday	Tuesday	Wednesday	Thursday	Friday
12-Nov No School! Veterans Day	13-Nov Chicken Nuggets Apple Churro Salad & Fruit Bar Nonfat & 1% Milk	14-Nov Spaghetti & Meatsauce Dinner Roll Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk	15-Nov Pork Carnita Quesadilla Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk	16-Nov Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Muffin Loaf <i>Fresh Fruit & Milk</i>	Sausage, Egg, & Cheese Burrito <i>Fresh Fruit & Milk</i>
19-Nov Teriyaki Chicken Steamed Brown Rice Fortune Cookie Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	20-Nov Cheeseburger French fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk	21-Nov Chicken Alfredo Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk	22-Nov No School Thanksgiving Break	23-Nov No School Thanksgiving Break
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>		
26-Nov Sweet and Sour Chicken Brown Rice Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	27-Nov Spicy Chicken Patty French Fries Salad & Fruit Bar Nonfat & 1% Milk	28-Nov Chili w/ Corn Bread Salad & Fruit Bar Nonfat & 1% Milk	29-Nov Nachos w/ Taco Meat Cheese Sauce & Salsa Salad & Fruit Bar Nonfat & 1% Milk	30-Nov Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Muffin Loaf <i>Fresh Fruit & Milk</i>	Sausage, Egg, & Cheese Burrito <i>Fresh Fruit & Milk</i>

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.