



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



Monday	Tuesday	Wednesday	Thursday	Friday
3-Dec <b>Beef Dippers</b> w/ Brown Rice Peaches Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	4-Dec <b>Burrito</b> Apple Churro Salad & Fruit Bar Nonfat & 1% Milk  <i>Harvest of the Month!</i>	5-Dec <b>Cheeseburger Mac</b> Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk	6-Dec <b>Breakfast For Lunch</b> Cheese Omelet w/ Salsa Waffle Sakuma Strawberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk	7-Dec <b>Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> Fresh Fruit & Milk	<b>Pancake &amp; Sausage on a stick</b> Fresh Fruit & Milk	<b>Mini Muffin Loaf w/ String Cheese</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Frosted Long John</b> Fresh Fruit & Milk
10-Dec <b>Mandarin Orange Chicken</b> w/ Brown Rice Pears Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	11-Dec <b>Cooks Choice Day!</b> Rice Krispie Treat Salad & Fruit Bar Nonfat & 1% Milk	12-Dec <b>Chicken Noodle Soup</b> Oyster Crackers Salad & Fruit Bar Nonfat & 1% Milk	13-Dec <b>Hot Ham and Cheese Sandwich</b> Lays Potato Chips Salad & Fruit Bar Nonfat & 1% Milk	14-Dec <b>Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> Fresh Fruit & Milk	<b>Pancake &amp; Sausage on a stick</b> Fresh Fruit & Milk	<b>Mini Muffin Loaf w/ String Cheese</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Frosted Long John</b> Fresh Fruit & Milk

**Meal Prices:**

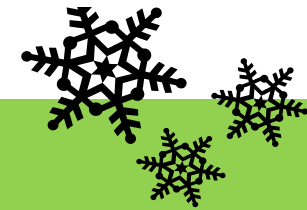
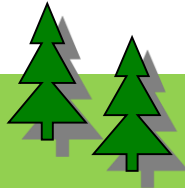
**Elementary** - Breakfast \$ No Charge, Lunch \$2.75

**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
17-Dec <b>Chicken Nuggets</b> Buttery Biscuit Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	18-Dec <b>Spicy Chicken Burger</b> Baked Beans Holiday Cookie Salad & Fruit Bar Nonfat & 1% Milk  <i>Harvest of the Month!</i>	19-Dec	20-Dec	21-Dec
<b>Winter Break - No School</b>				
Cereal Choice & Yogurt <i>Fresh Fruit &amp; Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit &amp; Milk</i>	26-Dec	27-Dec	28-Dec
<b>Winter Break - No School</b>				
31-Dec <b>No School. Back Jan 2</b>	<i>Harvest of the Month</i> <b>BEANS!</b> December 4th & 18th.	<b>Harvest of the Month.</b> <b>B E A N S</b> are the seeds from flowering plants in the Fabaceae family and are classified as legumes. They usually grow in pods, which are capsules with several beans inside. These pods or capsules develop from flowers. Other legumes include peas, peanuts, and lentils.  Beans contain amino acids, which are the chemicals that combine to form protein		

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.**