









# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Havest of the Month</b> Cabbage! February 5th and 19th.</p>  	 	 	<p>31-Jan <b>Ham and Cheese Sandwich</b> Doritos Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>	<p>1-Feb <b>Pizza</b> Caesar Side Salad Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>
			<p><b>Breakfast Pizza</b> Fresh Fruit &amp; Milk</p>	<p><b>Cinnamon Roll</b> Fresh Fruit &amp; Milk</p>
<p>4-Feb <b>Sweet and Sour Chicken</b> with Brown Rice Diced Pears Fortune Cookie Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>	<p>5-Feb <b>Chicken Burger</b> French Fries <b>Coleslaw</b> Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>	<p>6-Feb <b>Penne Pasta &amp; Meatsauce</b> Garlic Bread Green Beans Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>	<p>7-Feb <b>Quesadilla</b> w/ Chicken &amp; Cheese Mixed fruit Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>	<p>8-Feb <b>Pizza</b> Caesar Side Salad Salad &amp; Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b></p>
<p><b>Cereal Choice &amp; Yogurt</b> Fresh Fruit &amp; Milk</p>	<p><b>Pancake &amp; Sausage on a stick</b> Fresh Fruit &amp; Milk</p>	<p><b>Mini Maple Pancakes</b> Fresh Fruit &amp; Milk</p>	<p><b>Breakfast Pizza</b> Fresh Fruit &amp; Milk</p>	<p><b>Cinnamon Roll</b> Fresh Fruit &amp; Milk</p>

### Meal Prices:

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



## FEBRUARY IS HEART HEALTH MONTH!



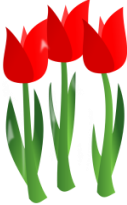
Two simple ways to keep your heart healthy include:

1. **Eating a rainbow of fruits and vegetables.** Different colors of fruits and vegetables have different vitamins and minerals that your body needs to stay strong.
2. **Being active every day.** Do an activity that you enjoy every day, such as jumping rope, playing basketball, or roller skating.



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



Monday	Tuesday	Wednesday	Thursday	Friday
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
<b>Teriyaki Beef Dippers</b> Whole Grain Chow Mein Fortune Cookie Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Ham and Cheese Sandwich</b> Doritos Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Cheeseburger Mac</b> Bisquit Green Beans <b>Salad &amp; Fruit Bar</b> <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Heart Shaped Chicken Nuggets</b> <b>Frosted Pink Cookie</b> <b>Salad &amp; Fruit Bar</b> <b>1% Milk &amp; NF Chocolate Milk</b> 	<b>Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>1% Milk &amp; NF 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>Mini Maple Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Cinnamon Roll</b> <i>Fresh Fruit &amp; Milk</i>
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
<b>No School</b> President's Day 	<b>Cheesy Breadsticks</b> w/ Marinara Sauce Sunchips <b>Coleslaw</b> Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Chicken Noodle Soup</b> Garlic Bread Oyster Crackers Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Cook's Choice Day</b> Rice Krispie Treat Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>
	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Cinnamon Roll</b> <i>Fresh Fruit &amp; Milk</i>
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
<b>Teriyaki Chicken</b> with Brown Rice Sliced Peaches Fortune Cookie Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Hamburger</b> French Fries Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Breakfast for Lunch</b> Whole Grain Waffle Sausage Links Applesauce Cup Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Beef Nachos</b> w/ Cheese Sauce & Salsa Salad & Fruit Bar <b>1% Milk &amp; NF Chocolate Milk</b>	<b>Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>1% Milk &amp; NF 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>Mini Maple Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Cinnamon Roll</b> <i>Fresh Fruit &amp; Milk</i>
	<div style="border: 1px dashed black; padding: 10px;"> <p>This institution is an equal opportunity provider and employer. Menu subject to change without notice.</p> <p><b>Questions? Call David Connors, Food Services Director, at (360) 428-6149.</b></p> </div>			