



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
31-Dec Winter Break	1-Jan Harvest of the Month Jan 15th: Grains!!	2-Jan Chicken Nuggets Apple Churro Salad & Fruit Bar Nonfat & 1% Milk	3-Jan Breakfast For Lunch Mini Maple Pancakes Sausage Links Sakuma Blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk	4-Jan Pizza Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk
Cereal Choice & Yogurt Fresh Fruit & Milk	Pancake & Sausage on a stick Fresh Fruit & Milk	Mini Muffin Loaf w/ String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Frosted Long John Fresh Fruit & Milk
7-Jan Beef Dippers w/ Brown Rice Peaches Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	8-Jan Cheeseburger French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	9-Jan Chicken Alfredo Whole Grain Garlic Bread Green Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	10-Jan Quesadilla w/ Chicken and Cheese Seasoned Pinto Beans Salad & Fruit Bar 1% Milk & NF Chocolate Milk	11-Jan Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk
Cereal Choice & Yogurt Fresh Fruit & Milk	Pancake & Sausage on a stick Fresh Fruit & Milk	Mini Muffin Loaf w/ String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Frosted Long John Fresh Fruit & Milk

Meal Prices:

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



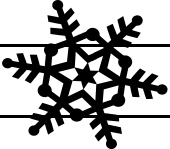


Harvest of the Month: Grains

We serve whole grains every day in our school cafes! On January 15th, we will be celebrating grains with homemade Beef and Barley Soup!!

Grains are power packed seeds that come from grass-like plants. Grains provide our body with fiber, vitamins, minerals, protein, and antioxidants! How many different kind of grains can you spot on this month's menu? :)

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



Monday	Tuesday	Wednesday	Thursday	Friday
14-Jan Mandarin Orange Chicken w/ Brown Rice Pears Fortune Cookie Salad & Fruit Bar 1% Milk & NF Chocolate Milk	15-Jan Beef & Barley Soup Oyster Crackers Mixed Fruit Salad & Fruit Bar 1% Milk & NF Chocolate Milk	16-Jan Chicken Burger French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	17-Jan Burrito w/ salsa Salad & Fruit Bar 1% Milk & NF Chocolate Milk	18-Jan Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Muffin Loaf w/ String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>
21-Jan NO SCHOOL! Martin Luther King Jr. Day	22-Jan Penne Pasta w/ Meatsauce Whole Grain Garlic Bread Salad & Fruit Bar 1% Milk & NF Chocolate Milk	23-Jan Hamburger French Fries Salad & Fruit Bar 1% Milk & NF Chocolate Milk	24-Jan Chicken Nachos w/ Cheese Sauce & Salsa Salad & Fruit Bar 1% Milk & NF Chocolate Milk	25-Jan Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk
	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Muffin Loaf w/ String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>
28-Jan NO SCHOOL!	29-Jan Cook's Choice Mini Rice Krispie Treat Salad & Fruit Bar 1% Milk & NF Chocolate Milk	30-Jan Chili Corn Bread Salad & Fruit Bar 1% Milk & NF Chocolate Milk	31-Jan Ham and Cheese Sandwich Doritos Salad & Fruit Bar 1% Milk & NF Chocolate Milk	1-Feb Pizza Caesar Side Salad Salad & Fruit Bar 1% Milk & NF Chocolate Milk
 	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Muffin Loaf w/ String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Frosted Long John <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.

