






Mount Vernon School District

Growing Healthy Students!


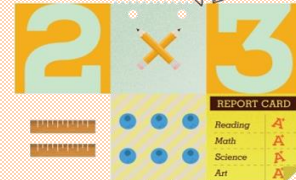
Monday	Tuesday	Wednesday	Thursday	Friday
	Harvest of the Month: SPINACH! March 5th/19th 		1-Mar	1-Mar
			<i>Fresh Fruit & Milk</i>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Mandarin Orange Chicken Brown Rice Diced Pears Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Creamy Chicken Alfredo w/ spinach Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Hamburger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	Quesadilla w/ Chicken & Cheese Mixed fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	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>	Sausage, Egg, & Cheese Sliders <i>Fresh Fruit & Milk</i>	Bagel & Cream Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>

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

March is National School Breakfast Month!

Be sure to start your day off right with a healthy school breakfast. Each breakfast meal comes complete with a whole grain entree, fruit and milk.


Eating breakfast helps kids focus better in the classroom and improves school performance. Come visit us today!

Make the Grade
with SCHOOL BREAKFAST

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



Monday	Tuesday	Wednesday	Thursday	Friday
11-Mar Teriyaki Beef Dippers Steamed Brown Rice Peaches Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	12-Mar Turkey & Cheddar Sandwich Sunchips Carrot Sticks Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	13-Mar Chicken Noodle Soup Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	14-Mar Cook's Choice Day! Secret Treat Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	15-Mar 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>	Sausage, Egg, & Cheese Sliders <i>Fresh Fruit & Milk</i>	Bagel & Cream Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>
18-Mar Shamrock Chicken Nuggets WG Frosted Sugar Cookie! Green Beans  Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	19-Mar Cheeseburger French Fries Spinach Green Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	20-Mar Chicken Chow Mein Stir Fried Veggies Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	21-Mar Burrito W/ Salsa Fresh Chopped Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	22-Mar 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>	Sausage, Egg, & Cheese Sliders <i>Fresh Fruit & Milk</i>	Bagel & Cream Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>
25-Mar Teriyaki Chicken Steamed Brown Rice Diced Pears Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	26-Mar Grilled Cheese Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	27-Mar Breakfast for Lunch Mini Maple Pancakes Sausage Links Raisins Salad & Fruit Bar Nonfat & 1% Milk	28-Mar Nachos w/ Beef Taco Meat & Salsa Fresh Chopped Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	29-Mar Cheese 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>	Sausage, Egg, & Cheese Sliders <i>Fresh Fruit & Milk</i>	Bagel & Cream Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <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.

