



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
8-Apr Chicken Nuggets Apple Churro Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	9-Apr Hamburger French Fries Sakuma Strawberries w/ Whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	10-Apr Creamy Chicken Alfredo Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	11-Apr Quesadilla w/ Chicken & Cheese Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	12-Apr Pepperoni Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Maple Pancakes w/ Applesauce Cup <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
15-Apr Chicken Teriyaki with Brown Rice Diced Apricots Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	16-Apr Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	17-Apr Mini Cheese Ravioli w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	18-Apr Burrito W/ Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	19-Apr Cheese Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Maple Pancakes w/ Applesauce Cup <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Bagel and Cream Cheese <i>Fresh Fruit & Milk</i>
22-Apr Teriyaki Beef Dippers with Brown Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	23-Apr Cheeseburger French Fries Sakuma Blueberries w/ Whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	24-Apr Chicken Nuggets Biscuit Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	25-Apr Turkey & Cheddar Sandwich Carrot Sticks Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	26-Apr Pepperoni Pizza Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Maple Pancakes w/ Applesauce Cup <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
29-Apr Mandarin Orange Chicken with Brown Rice Diced Peaches Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	30-Apr Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	<p>This institution is an equal opportunity provider and employer. Menu subject to change without notice.</p> <p>Questions? Call David Connors, Food Services Director, at (360) 428-6149.</p>		<p>Harvest of the Month: Local SAKUMA BERRIES!!! April 9th & 23rd</p> 