



May

Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
29-Apr Mandarin Orange Chicken with Brown Rice 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	1-May Cheeseburger Mac Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	2-May Chicken Nachos Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	3-May 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>	Mini Muffin Loaf & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Bagel and Cream Cheese <i>Fresh Fruit & Milk</i>
6-May Chicken Teriyaki Brown Rice Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	7-May Turkey & Cheddar Sandwich Sunchips Melons Salad & Fruit Bar Nonfat & 1% Milk	8-May White Chicken Chili Tortilla Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	9-May Beef Soft Taco Refried Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	10-May 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>	Mini Muffin Loaf & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Cinnis <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

Harvest of the Month: Melons!!
May 7th & 21st



SPRING



Spring is a great time to be active and enjoy the outdoors!

Try jumping rope, running or riding your bike to get 60 minutes of physical activity each day. Remember to refuel with healthy snacks, like fruits, veggies, low fat dairy & whole grains!

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



Monday	Tuesday	Wednesday	Thursday	Friday
13-May Beef Dippers with Brown Rice Diced Pears Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	14-May Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	15-May Spaghetti w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	16-May Chicken Nuggets Biscuit Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	17-May 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>	Mini Muffin Loaf & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>
20-May Chicken Teriyaki Brown Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	21-May Hamburger French Fries Melons Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	22-May Breakfast for Lunch Mini Maple Pancakes Sausage Links Applesauce Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	23-May Cheese Stuffed Breadsticks Marinera Sauce Steamed Broccoli Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	24-May 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>	Mini Muffin Loaf & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Bagel and Cream Cheese <i>Fresh Fruit & Milk</i>
27-May NO SCHOOL!	28-May Cook's Choice Day Pink Cookie Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	29-May Chicken Tortilla Soup Corn Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	30-May Burrito w/ Fresh Jicama & Lime Salsa Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	31-May 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>	Mini Muffin Loaf & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Cinnis <i>Fresh Fruit & Milk</i>

This institution is an equal opportunity provider and employer. Menu subject to chnge without notice.
Questions? Call David Connors, Food Services Director, at (360) 428-6149.