



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
4-Oct Ham and Cheese Slider Chips & String Cheese Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Oct Hotdog French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-Oct Cheese Rippers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Oct Burrito W/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	8-Oct Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Sausage, Egg, Cheese Burrito <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>	Long John <i>Fresh Fruit & Milk</i>
11-Oct Corndog Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Oct Hamburger French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Oct Non Student/ Non Contract Day! No School	14-Oct Cheesy Chicken Quesadilla Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Oct Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>		Mini Cinni <i>Fresh Fruit & Milk</i>	Long John <i>Fresh Fruit & Milk</i>

Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	unavailable
Side Milk	unavailable

IMPORTANT NEWS

- * Breakfast and Lunch is Free for all MVSD students!
- * Milk + Fruit + Veggie available at no additional charge to Cold Lunchers!!
- * Food Services is experiencing unprecedented shortages through all suppliers. Menus are subject to change. Thank you for your understanding and support!



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



Monday	Tuesday	Wednesday	Thursday	Friday
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Cheese Stuffed Breadsticks Marinera Dipping Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Burger French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Beefy Mac Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Green Chile Tamale W/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Sausage, Egg, Cheese Burrito <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>	Long John <i>Fresh Fruit & Milk</i>
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Super Pretzel w/ Cheese Sauce for dipping String cheese Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Grilled Cheese Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pepperoni Rippers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch Mini Pancakes and Sausage Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Cookie
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Sausage, Egg, Cheese Burrito <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>	Long John <i>Fresh Fruit & Milk</i>
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
Turkey and Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Corndog Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Nuggets Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Burrito W/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Sausage, Egg, Cheese Burrito <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>	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.

