



May



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-May Chicken Nuggets Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-May Corndog French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	4-May Cheese Stuffwich & Tomato Soup Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-May Breaded Chicken Burger Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-May Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & 1% Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle & Yogurt <i>Fresh Fruit & 1% Milk</i>
9-May Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-May Nachos w/ Turkey Taco Meat Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	11-May Spaghetti w/ Meatsauce Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-May Hamburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-May Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & 1% Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle & Yogurt <i>Fresh Fruit & 1% Milk</i>
16-May Super Pretzel Cheese stuffed. String Cheese Fresh Fruit & Veg 1% White Milk or Chocolate Milk	17-May Burrito w/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-May Beefy Mac Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-May Hotdog French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-May Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & 1% Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle & Yogurt <i>Fresh Fruit & 1% Milk</i>
23-May Mandarin Orange Chicken over Rice and Veggies Fresh Fruit 1% White Milk or Chocolate Milk	24-May Cheese and Bean Quesadilla w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-May Breakfast for Lunch French Toast Sticks and Sausage Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-May Breaded Chicken Burger Tator Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-May Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & 1% Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle & Yogurt <i>Fresh Fruit & 1% 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.