



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
Last Day of Winter Break!	Corndog Tater Tots/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Hamburger Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch French Toast and Sausage 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>	Cheese Omlete & WW Toast <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Chicken Burger Tater Tots/Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Cheeseburger Mac Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Burrito w/ Hot sauce Fresh Fruit Salad Bar 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>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Eggo Waffles <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
MLK Day! No School	Chicken Strips Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Grilled Cheese Tomato Soup Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Nachos w/ Turkey Taco Meat 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>	Cheese Omlete & WW Toast <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Frosted Long John <i>Fresh Fruit & 1% Milk</i>
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Hotdog Tater Tots/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Beef Chili Corn Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheese Quesadilla w/ Salsa 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>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Eggo Waffles <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <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.

