



# Mount Vernon School District

## Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Welcome Back to School!</b></p>		<p><b>30-Aug</b> <b>Chicken Nuggets</b> Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p><b>31-Aug</b> <b>Burrito</b> w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p><b>1-Sep</b> <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p><b>4-Sep</b> <b>Labor Day</b> No school No Food Services</p>	<p><b>5-Sep</b> <b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p><b>Cereal Choice &amp; Cracker</b> Fresh Fruit &amp; Milk</p>	<p><b>Breakfast Pizza</b> Fresh Fruit &amp; Milk</p>	<p><b>Pancake on a Stick</b> Fresh Fruit &amp; Milk</p>
	<p><b>6-Sep</b> <b>Spaghetti &amp; Meatsauce</b> Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p><b>7-Sep</b> <b>Hamburger</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p><b>8-Sep</b> <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	
	<p><b>Cereal Choice &amp; Cracker</b> Fresh Fruit &amp; Milk</p>	<p><b>Breakfast Pizza</b> Fresh Fruit &amp; Milk</p>	<p><b>Pancake on a Stick</b> Fresh Fruit &amp; Milk</p>	<p><b>Ultimate Breakfast Cookie</b> Fresh Fruit &amp; Milk</p>

**Meal Prices:**

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$5.00
Side Milk	unavailable

**Important News:**

Mount Vernon School District changed our food program with the government due to our high level of poverty / free and reduced eligible students. The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.



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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Strips</b> Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Hotdog</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Macaroni &amp; Cheese</b> Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Soft Turkey Taco</b> w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	Mini Cinni or Strawberry Bagel Bar Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Ultimate Breakfast Cookie</b> Fresh Fruit & Milk
<b>Beef Teriyaki Dippers</b> Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	<b>Ham &amp; Cheese Sandwich</b> Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Breakfast for Lunch</b> Eggo Waffles and Sausage links Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Turkey Taco Nachos</b> w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	Mini Cinni or Strawberry Bagel Bar Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Ultimate Breakfast Cookie</b> Fresh Fruit & Milk
<b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Breaded Chicken Burger</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Beef Taco Soup</b> Tortilla Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Corndog</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	Mini Cinni or Strawberry Bagel Bar Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Ultimate Breakfast Cookie</b> Fresh Fruit & Milk

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.