



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2-Oct</p> <p>Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">3-Oct</p> <p>Hamburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">4-Oct</p> <p style="text-align: center;">No School Non Student/Non Contract Day</p>	<p style="text-align: right;">5-Oct</p> <p>Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">6-Oct</p> <p>Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>Cereal Choice & Cracker <i>Fresh Fruit & Milk</i></p>	<p>Breakfast Pizza <i>Fresh Fruit & Milk</i></p>		<p>Pancake on a Stick <i>Fresh Fruit & Milk</i></p>	<p>Cinnamon Roll <i>Fresh Fruit & Milk</i></p>
<p style="text-align: right;">9-Oct</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">10-Oct</p> <p>Sloppy Joes Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">11-Oct</p> <p>Chicken Noodle Soup Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">12-Oct</p> <p>Corndog Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">13-Oct</p> <p>Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>Cereal Choice & Cracker <i>Fresh Fruit & Milk</i></p>	<p>Breakfast Pizza <i>Fresh Fruit & Milk</i></p>	<p>Pancake on a Stick <i>Fresh Fruit & Milk</i></p>	<p>Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i></p>	<p>Long John <i>Fresh Fruit & Milk</i></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
16-Oct Chicken Strips Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Oct Hotdog Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Oct Breakfast for Lunch Maple Waffles and Sausage links Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Oct Soft Turkey Taco w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Oct Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Cinnamon Toast Crunch Bar <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
23-Oct Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	24-Oct Ham & Cheese Sandwich Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Oct Spaghetti & Meatsauce Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Oct Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Oct No School Non Student/Non Contract Day
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Cinnamon Toast Crunch Bar <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	
30-Oct No School Non Student/Non Contract Day	31-Oct Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	1-Nov Corndog Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	2-Nov Cheeseburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-Nov Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Cinnamon Toast Crunch Bar <i>Fresh Fruit & Milk</i>	Breakfast Pizza <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.