



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
4-Dec Chicken Strips Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Cereal Choice & Cracker Fresh Fruit & Milk	5-Dec Corndog Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Breakfast Pizza Fresh Fruit & Milk	6-Dec Spaghetti & Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Strawberry Cream Cheese Bagel Fresh Fruit & Milk	7-Dec Burrito w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Pancake on a stick Fresh Fruit & Milk	8-Dec Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Cinnamon Roll Fresh Fruit & Milk
11-Dec Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk Cereal Choice & Cracker Fresh Fruit & Milk	12-Dec Hamburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Breakfast Pizza Fresh Fruit & Milk	13-Dec Calzone Caesar Salad Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Strawberry Cream Cheese Bagel Fresh Fruit & Milk	14-Dec KFC Bowl Popcorn Chicken Mashed Potatoes w/ Gravy Fresh Fruit and Veg 1% White Milk or Chocolate Milk Pancake on a stick Fresh Fruit & Milk	15-Dec Cook's Choice Cookie! Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Cinnamon Toast Crunch Bar Fresh Fruit & Milk
18-Dec Cereal Choice & Cracker Fresh Fruit & Milk				
21-Dec Pancake on a stick Fresh Fruit & Milk				
22-Dec Cinnamon Toast Crunch Bar Fresh Fruit & Milk				
25-Dec Winter Break - No School.				
26-Dec Winter Break - No School.				
27-Dec Winter Break - No School.				
28-Dec Winter Break - No School.				
29-Dec Winter Break - No School.				
30-Dec Winter Break - No School.				
31-Dec Winter Break - No School.				
1-Jan Back Jan 2				

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.