



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">30-Sep</p> <p>Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">1-Oct</p> <p>Hamburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">2-Oct</p> <p style="text-align: center;">No School Non Student/Non Contract Day</p>	<p style="text-align: right;">3-Oct</p> <p>Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">4-Oct</p> <p>Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>UBC & Yami Yogurt <i>Fresh Fruit & Milk</i></p>	<p>Muffin & String Cheese <i>Fresh Fruit & Milk</i></p>		<p>Pancake on a Stick <i>Fresh Fruit & Milk</i></p>	<p>Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i></p>
<p style="text-align: right;">7-Oct</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">8-Oct</p> <p>Ham & Cheese Sandwich Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">9-Oct</p> <p>Chili Con Carne Cornbread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">10-Oct</p> <p>Chicken Enchilada Empanada w/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p style="text-align: right;">11-Oct</p> <p>Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>UBC & Yami Yogurt <i>Fresh Fruit & Milk</i></p>	<p>Muffin & String Cheese <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>Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i></p>

Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$5.00
Side Milk	\$0.75

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
14-Oct Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	15-Oct Hotdog Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Oct Breakfast for Lunch Eggo Waffles and Turkey Sausage Patty Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Oct Beef Soft Taco w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Oct Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
UBC & Yami Yogurt <i>Fresh Fruit & Milk</i>	Muffin & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>
21-Oct Chicken Strips Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	22-Oct Breaded Chicken Burger Tator Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	23-Oct Spaghetti & Meatsauce Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Oct Turkey Taco Nachos Black Beans & Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Oct Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
UBC & Yami Yogurt <i>Fresh Fruit & Milk</i>	Muffin & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>
28-Oct Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	29-Oct Corndog Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	30-Oct Mac & Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	31-Oct Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	1-Nov No School Non Student/Non Contract Day
UBC & Yami Yogurt <i>Fresh Fruit & Milk</i>	Muffin & String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	

This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call Cheyenne Walker, Food Services Supervisor, at (360) 428-6149.

