



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back to School!</p>		<p>28-Aug No School</p>	<p>29-Aug No School</p>	<p>30-Aug No School</p>
<p>2-Sep Labor Day No school No Food Services</p>	<p>3-Sep Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>4-Sep Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>5-Sep Hamburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>6-Sep Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
	<p>Ultimate Breakfast Cookie Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Pancake on a Stick Fresh Fruit & Milk</p>	<p>Cereal Choice & Cracker Fresh Fruit & Milk</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 Food Services operates under a program called Community Eligibility Provision due to our high level of poverty / free and reduced eligible students. 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
9-Sep Chicken Strips Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Sep Hotdog Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	11-Sep Macaroni & Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Sep Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Sep Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>	Mini Cinni or Strawberry Bagel Bar <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>
16-Sep Corndog Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Sep Cheeseburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Sep Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	19-Sep Turkey Taco Nachos w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Sep Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>	Mini Cinni or Strawberry Bagel Bar <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>
23-Sep Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Sep Breaded Chicken Burger Tator Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Sep Taco Soup w/ Beef Tortilla Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Sep Chicken Enchilada Empanada w/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Sep Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>	Mini Cinni or Strawberry Bagel Bar <i>Fresh Fruit & Milk</i>	Pancake on a Stick <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, Food Services Director, at (360) 428-6149.

