



# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2-Dec</p> <p><b>Chicken Strips</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>3-Dec</p> <p><b>Grilled Cheese Sandwich</b> Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>4-Dec</p> <p><b>Beefy Mac</b> Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>5-Dec</p> <p><b>Burrito</b> w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>6-Dec</p> <p><b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p><b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Assorted Breads &amp; String Cheese</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Fruit and Yogurt Parfait</b> <i>Fresh Fruit &amp; Milk</i></p>
<p>9-Dec</p> <p><b>Beef Teriyaki Dippers</b> Steamed Rice &amp; Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk</p>	<p>10-Dec</p> <p><b>Hamburger</b> Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>11-Dec</p> <p><b>Chicken Noodle Soup</b> w/ Saltine Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>12-Dec</p> <p><b>Chicken Enchilada Empanada</b> w/ Picante Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>13-Dec</p> <p><b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p><b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Assorted Breads &amp; String Cheese</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Fruit and Yogurt Parfait</b> <i>Fresh Fruit &amp; Milk</i></p>
<p>16-Dec</p> <p><b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>17-Dec</p> <p><b>Crispy Chicken Burger</b> French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>18-Dec</p> <p><b>Fiesta Mac and Cheese</b> Steamed Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>19-Dec</p> <p><b>Corndog</b> Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>20-Dec</p> <p><b>Cook's Choice</b> Cookie! Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p><b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Assorted Breads &amp; String Cheese</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Muffin and Yami Yogurt</b> <i>Fresh Fruit &amp; Milk</i></p>

**Winter Break - No School. Dec 23 - Jan 3.  
Back Jan 6**

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.