



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
6-Jan Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Jan Cheeseburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	8-Jan Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	9-Jan Burrito w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Jan Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Mini Cinni Fresh Fruit & Milk	Assorted Breads & String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Fruit and Yogurt Parfait Fresh Fruit & Milk
13-Jan Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	14-Jan Turkey Ham & Cheese Hoagie Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Jan White Chicken Chili Torilla Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Jan Chicken Enchilada Empanada w/ Picante Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Jan Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Mini Cinni Fresh Fruit & Milk	Assorted Breads & String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Fruit and Yogurt Parfait Fresh Fruit & Milk
20-Jan MLK Day!	21-Jan Corndog Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	22-Jan Mac and Cheese Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	23-Jan Crispy Chicken Burger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Jan Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	Assorted Breads & String Cheese Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Fruit and Yogurt Parfait Fresh Fruit & Milk
27-Jan Non Student/Non Contract Day	28-Jan Cheese Stuffed Breadsticks Marinera Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	29-Jan Mandarin Orange Chicken Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	30-Jan Hotdog Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	31-Jan Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<div style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>	Assorted Breads & String Cheese Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Fruit and Yogurt Parfait Fresh Fruit & Milk