



**Mount Vernon  
School District**  
*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
3-Feb <b>Chicken Strips</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	4-Feb <b>Turkey and Cheese Sandwich</b> Doritos Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Feb <b>Breakfast for Lunch</b> Mini French Toast and Turkey Sausage Patty Dried Cranberries Fresh Vegetables 1% White Milk or Chocolate Milk	6-Feb <b>Burrito</b> Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Feb <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>UBC &amp; Yami Yogurt</b> Fresh Fruit & Milk	<b>Egg, Sausage, Cheese Breakfast Pocket</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk
10-Feb <b>Beef Teriyaki Dippers</b> Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	11-Feb <b>Chicken Burger</b> French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Feb <b>Spaghetti w/ Meatsauce</b> Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Feb <b>Chicken and Cheese Quesadilla</b> Seasoned Pinto Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Feb <b>Pepperoni Pizza</b> Fresh Fruit and Veg Pink Cookie 1% White Milk or Chocolate Milk <i>Happy Valentine's Day!</i>
<b>UBC &amp; Yami Yogurt</b> Fresh Fruit & Milk	<b>Egg, Sausage, Cheese Breakfast Pocket</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk
17-Feb <b>NO SCHOOL!</b> President's Day	18-Feb <b>Cheese Stuffed Breadsticks</b> Marinera Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Feb <b>KFC Bowl</b> Steamed Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Feb <b>Chicken Enchilada Empanada</b> Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	21-Feb <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	<b>Egg, Sausage, Cheese Breakfast Pocket</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk
24-Feb <b>Mandarin Orange Chicken</b> Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Feb <b>Hamburger</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Feb <b>Corndog</b> Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Feb <b>Turkey Taco Nachos</b> w/ Pico De Gallo Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	28-Feb <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>UBC &amp; Yami Yogurt</b> Fresh Fruit & Milk	<b>Egg, Sausage, Cheese Breakfast Pocket</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk

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