




# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Welcome Back to School!</b></p>		<p>27-Aug</p> <p><b>Corndog</b> Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p> <p><b>Mini Cinni or Strawberry Bageful</b> Fresh Fruit &amp; Milk</p>	<p>28-Aug</p> <p><b>Burrito</b> with Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p> <p><b>Pancake on a Stick</b> Fresh Fruit &amp; Milk</p>	<p>29-Aug</p> <p><b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p> <p><b>Cereal Choice &amp; Cracker</b> Fresh Fruit &amp; Milk</p>
<p>1-Sep</p> <p><b>Labor Day</b> No school No Food Services</p>	<p>2-Sep</p> <p><b>Chicken Nuggets</b> Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>3-Sep</p> <p><b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>4-Sep</p> <p><b>Hamburger</b> French Fries Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>5-Sep</p> <p><b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
	<p><b>Ultimate Breakfast Cookie</b> Fresh Fruit &amp; Milk</p>	<p><b>Breakfast Pizza</b> Fresh Fruit &amp; Milk</p>	<p><b>Pancake on a Stick</b> Fresh Fruit &amp; Milk</p>	<p><b>Fruit &amp; Yogurt Parfaits</b> Fresh Fruit &amp; Milk</p>
<p>8-Sep</p> <p><b>Chicken Strips</b> Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>9-Sep</p> <p><b>Hotdog</b> Lays Potato Chip Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>10-Sep</p> <p><b>Spaghetti and Meatsauce</b> Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>11-Sep</p> <p><b>Chicken Quesadilla</b> Balck Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>12-Sep</p> <p><b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p><b>Ultimate Breakfast Cookie</b> Fresh Fruit &amp; Milk</p>	<p><b>Mini Cinni or Strawberry Bageful</b> Fresh Fruit &amp; Milk</p>	<p><b>Breakfast Pizza</b> Fresh Fruit &amp; Milk</p>	<p><b>Pancake on a Stick</b> Fresh Fruit &amp; Milk</p>	<p><b>Fruit and Yogurt Parfait</b> Fresh Fruit &amp; Milk</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.**



**Each lunch comes complete with  
salad bar or fresh vegetable, choice of fresh fruit, and milk!**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
15-Sep <b>Corndog</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Sep <b>Cheeseburger</b> French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Sep <b>Beef Teriyaki Dippers</b> Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	18-Sep <b>Turkey Taco Nachos</b> Balck Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Sep <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Ultimate Breakfast Cookie</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni or Strawberry Bageful</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Fruit and Yogurt Parfait</b> <i>Fresh Fruit &amp; Milk</i>
22-Sep <b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	23-Sep <b>Breaded Chicken Burger</b> Tator Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Sep <b>Taco Soup w/ Beef</b> Tortilla Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Sep <b>Deli Turkey and Cheese Wrap</b> Cheez-It Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Sep <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Ultimate Breakfast Cookie</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni or Strawberry Bageful</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Fruit and Yogurt Parfait</b> <i>Fresh Fruit &amp; Milk</i>
29-Sep <b>Chicken Nuggets</b> Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	30-Sep <b>Hamburger</b> French Fries Green Beans Fresh Fruit and Vegetables	1-Oct <b>Mandarin Orange Chicken</b> Rice and Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	2-Oct <b>Burrito</b> with Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-Oct <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Ultimate Breakfast Cookie</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni or Strawberry Bageful</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Fruit and Yogurt Parfait</b> <i>Fresh Fruit &amp; Milk</i>

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