



Mount Vernon School District

Growing Healthy Students!

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



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

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