

Mount Vernon School District

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
Chicken Strips	Cheeseburger Mac	Grilled Cheese Sandwich	Burrito	Cheese Pizza
Potato Wedges	Garlic Bread	Lays Potato Chips	w/ Salsa	Fresh Fruit
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	and Vegetables
and Vegetables	and Vegetables	and Vegetables	and Vegetables	1% White Milk or Chocolate Milk
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	
Fruit and Yogurt Parfait	Frosted Long John	Breakfast Pizza	Pancake on a Stick	UBC & Yogurt
Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec
Cheese Stuffed Breadsticks	Beef Teriyaki Dippers	Crispy Chicken Burger	Chicken Enchilada Empanada	Pepperoni Pizza
Marinera Sauce	Steamed Rice & Veggies	Tater Tots	Seasoned Pinto Beans	Fresh Fruit
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	and Vegetables
and Vegetables	Fortune Cookie	and Vegetables	and Vegetables	1% White Milk or Chocolate Milk
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	
Fruit and Yogurt Parfait	Frosted Long John	Breakfast Pizza	Pancake on a Stick	UBC & Yogurt
Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
Corndog	Chicken Alfredo	Hamburger	Cook's Choice	Cheese Pizza
Green Beans	Breadstick	French Fries	Pink Cookie!	Fresh Fruit
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	and Vegetables
and Vegetables	and Vegetables	and Vegetables	and Vegetables	1% White Milk or Chocolate Milk
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	
Fruit and Yogurt Parfait	Frosted Long John	Breakfast Pizza	Pancake on a Stick	UBC & Yogurt
Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
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Winter Break - No School. Dec 22 - Jan 2. Back Jan 5





