



# Mount Vernon School District

*Growing Healthy Students!*

| Monday                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                       | Wednesday                                                                                                                                      | Thursday                                                                                                                                       | Friday                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>5-Jan</b><br><b>Chicken Nuggets</b><br>French Fries<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                                                                                                                                                                                                                                 | <b>6-Jan</b><br><b>Spaghetti w/ Meatsauce</b><br>Garlic Bread<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk             | <b>7-Jan</b><br><b>Cheeseburger</b><br>Fruit Cup<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                           | <b>8-Jan</b><br><b>Burrito</b><br>Black Beans & Corn<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                       | <b>9-Jan</b><br><b>Pepperoni Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk  |
| <b>Fruit and Yogurt Parfait</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                                                                                                                                                                                                                           | <b>Frosted Long John</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                     | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                        | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                     | <b>UBC &amp; Yogurt</b><br><i>Fresh Fruit &amp; Milk</i>                                                    |
| <b>12-Jan</b><br><b>Cheese Stuffed Breadsticks</b><br>Marinera Sauce<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                                                                                                                                                                                                                   | <b>13-Jan</b><br><b>Beef Teriyaki Dippers</b><br>Steamed Rice & Veggies<br>Fresh Fruit<br>Fortune Cookie<br>1% White Milk or Chocolate Milk   | <b>14-Jan</b><br><b>Turkey Ham &amp; Cheese Hoagie</b><br>Lays Potato Chip<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk | <b>15-Jan</b><br><b>Chicken Enchilada Empanada</b><br>Seasoned Pinto Beans<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk | <b>16-Jan</b><br><b>Cheese Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk    |
| <b>Fruit and Yogurt Parfait</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                                                                                                                                                                                                                           | <b>Frosted Long John</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                     | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                        | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                     | <b>UBC &amp; Yogurt</b><br><i>Fresh Fruit &amp; Milk</i>                                                    |
| <b>19-Jan</b><br>                                                                                                                                                                                                                                                        | <b>20-Jan</b><br><b>Mac and Cheese</b><br>Breadstick<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                      | <b>21-Jan</b><br><b>Corndog</b><br>Green Beans<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                             | <b>22-Jan</b><br><b>Crispy Chicken Burger</b><br>Tater Tots<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                | <b>23-Jan</b><br><b>Pepperoni Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk |
|                                                                                                                                                                                                                                                                                                                                                            | <b>Franz Bagel &amp; Cream Cheese</b><br><i>Fresh Fruit &amp; Milk</i>                                                                        | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                     | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                        | <b>UBC &amp; Yogurt</b><br><i>Fresh Fruit &amp; Milk</i>                                                    |
| <b>26-Jan</b><br><b>Non Student/Non Contract Day</b><br><div>           This institution is an equal<br/>           opportunity provider and<br/>           employer. Menu subject to change<br/>           without notice.<br/> <b>Questions? Call Cheyenne<br/>           Walker, Food Services<br/>           Supervisor, at (360) 428-6149.</b> </div> | <b>27-Jan</b><br><b>Mandarin Orange Chicken</b><br>Steamed Rice & Veggies<br>Fresh Fruit<br>Fortune Cookie<br>1% White Milk or Chocolate Milk | <b>28-Jan</b><br><b>Chicken Strips</b><br>French Fries<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                     | <b>29-Jan</b><br><b>Hotdog</b><br>Baked Beans<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                              | <b>30-Jan</b><br><b>Cheese Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk    |
|                                                                                                                                                                                                                                                                                                                                                            | <b>Franz Bagel &amp; Cream Cheese</b><br><i>Fresh Fruit &amp; Milk</i>                                                                        | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                        | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>                                                                                     | <b>UBC &amp; Yogurt</b><br><i>Fresh Fruit &amp; Milk</i>                                                    |