



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back to School!		26-Aug Corndog Chips Fresh Fruit and Vegetables 1% or Whole White Milk	27-Aug Burrito Salsa Fresh Fruit and Vegetables 1% or Whole White Milk	28-Aug Cheese Pizza Fresh Fruit and Vegetables 1% or Whole White Milk
		Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
31-Aug Cheese Stuffed Breadsticks Marinara Sauce Diced Apricots Fresh Fruit and Veg 1% or Whole White Milk	1-Sep Teriyaki Beef Dippers Steamed Rice Fresh Fruit and Vegetables 1% or Whole White Milk	2-Sep Hamburger Tater Tots Fresh Fruit and Vegetables 1% or Whole White Milk	3-Sep Chicken Quesadilla Black Beans and Corn Fresh Fruit and Vegetables 1% or Whole White Milk	4-Sep Pepperoni Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Assorted Breakfast Breads <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>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
7-Sep Labor Day No school No Food Services	8-Sep Penne Pasta Bake Bread Stick Fresh Fruit and Vegetables 1% or Whole White Milk	9-Sep Hotdog Baked Beans Fresh Fruit and Vegetables 1% or Whole White Milk	10-Sep Baked Chicken Drumstick Cornbread & Coleslaw Fresh Fruit and Vegetables 1% or Whole White Milk	11-Sep Cheese Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
	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>	Cinnamon Roll <i>Fresh Fruit & Milk</i>

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
14-Sep Chicken Nuggets Sunchips Diced Peaches Fresh Fruit and Veg 1% or Whole White Milk	15-Sep Mac and Cheese Goldfish Crackers Fresh Fruit and Vegetables 1% or Whole White Milk	16-Sep Breaded Chicken Burger Potato Smiles Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Sep Turkey Taco Nachos w/ Pico De Gallo Fresh Fruit and Vegetables 1% or Whole White Milk	18-Sep Pepperoni Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Assorted Breakfast Breads <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>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
21-Sep Corndog Mixed Fruit Cup Fresh Fruit and Vegetables 1% or Whole White Milk	22-Sep Mandarin Orange Chicken Steamed Rice Fresh Fruit and Vegetables 1% or Whole White Milk	23-Sep Deli Turkey Ham & Cheese Hoagie Cheez-It Crackers Fresh Fruit and Vegetables 1% or Whole White Milk	24-Sep Chicken Soft Taco w/ Seasoned Pinto Beans Fresh Fruit and Vegetables 1% or Whole White Milk	25-Sep Cheese Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Assorted Breakfast Breads <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>	Cinnamon Roll <i>Fresh Fruit & Milk</i>
28-Sep Chicken Strips French Fries Diced Pears Fresh Fruit and Veg 1% or Whole White Milk	29-Sep Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% or Whole White Milk	30-Sep Cheeseburger Lays Potato Chips Fresh Fruit and Vegetables 1% or Whole White Milk	1-Oct Burrito Salsa Fresh Fruit and Vegetables 1% or Whole White Milk	2-Oct Pepperoni Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
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