

Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
30-Nov **Cheese Stuffed Breadsticks** Marinara Sauce Diced Apricots Fresh Fruit and Veg 1% or Whole White Milk	**1-Dec** **Mandarin Orange Chicken** Steamed Rice & Veggies Fresh Fruit and Vegetables 1% or Whole White Milk	**2-Dec** **Cheeseburger** French Fries Fresh Fruit and Vegetables 1% or Whole White Milk	**3-Dec** **Turkey Taco Nachos** Black Beans and Corn Fresh Fruit and Vegetables 1% or Whole White Milk	**4-Dec** **Cheese Pizza** Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Muffin Variety *Fresh Fruit & Milk*	**Mini Blueberry or Maple Waffles** *Fresh Fruit & Milk*	**Breakfast Pizza** *Fresh Fruit & Milk*	**Pancake on a Stick** *Fresh Fruit & Milk*	**Frosted Long John** *Fresh Fruit & Milk*
7-Dec **Chicken Strips** Tator Tots Diced Peaches Fresh Fruit and Veg 1% or Whole White Milk	**8-Dec** **Chili Con Carne** Cornbread Fresh Fruit and Vegetables 1% or Whole White Milk	**9-Dec** **Ham and Cheese** Sandwich w/ Chips Fresh Fruit and Vegetables 1% or Whole White Milk	**10-Dec** **Beef Teriyaki Dippers** w/ Chow Mein Fresh Fruit and Vegetables 1% or Whole White Milk	**11-Dec** **Pepperoni Pizza** Garden Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Muffin Variety *Fresh Fruit & Milk*	**Mini Blueberry or Maple Waffles** *Fresh Fruit & Milk*	**Breakfast Pizza** *Fresh Fruit & Milk*	**Pancake on a Stick** *Fresh Fruit & Milk*	**Yogurt Parfait w/ Granola** *Fresh Fruit & Milk*
14-Dec **Corndog** Green Beans Fresh Fruit and Vegetables 1% or Whole White Milk	**15-Dec** **Chicken Alfredo** Breadstick Fresh Fruit and Vegetables 1% or Whole White Milk	**16-Dec** **Hamburger** Potato Smiles Fresh Fruit and Vegetables 1% or Whole White Milk	**17-Dec** **Cook's Choice** Chocolate Cupcake! Fresh Fruit and Vegetables 1% or Whole White Milk	**18-Dec** **Cheese Pizza** Diced Pears Fresh Fruit and Vegetables 1% or Whole White Milk
Muffin Variety *Fresh Fruit & Milk*	**Mini Blueberry or Maple Waffles** *Fresh Fruit & Milk*	**Breakfast Pizza** *Fresh Fruit & Milk*	**Pancake on a Stick** *Fresh Fruit & Milk*	**Frosted Long John** *Fresh Fruit & Milk*

Winter Break - No School: Dec 21 - Jan 1. Back Jan 4

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.