



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
9-Apr Pepperoni Pizza Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	10-Apr BBQ Pulled Pork Sandwich French Fries Salad & Fruit Bar Nonfat & 1% Milk	11-Apr Creamy Chicken Alfredo Garlic Bread Strawberries w/ Whip Cream Salad & Fruit Bar Nonfat & 1% Milk	12-Apr Quesadilla w/ Chicken & Cheese Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk	13-Apr Chicken Nuggets Goldfish Steamed Corn Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Pancakes & Fruit Cup <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Strawberry Cream Cheese Bagels <i>Fresh Fruit & Milk</i>
16-Apr Teriyaki Beef Dippers with Brown Rice Green Beans Salad & Fruit Bar Nonfat & 1% Milk	17-Apr Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk	18-Apr Lasagna Roll Up Garlic Bread Blueberries w/ Whip Cream Salad & Fruit Bar Nonfat & 1% Milk	19-Apr Burrito W/ Salsa Black Beans & Corn Salad & Fruit Bar Nonfat & 1% Milk	20-Apr Cheese Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Pancakes & Fruit Cup <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Strawberry Cream Cheese Bagels <i>Fresh Fruit & Milk</i>
23-Apr Mandarin Orange Chicken with Brown Rice Diced Peaches Salad & Fruit Bar Nonfat & 1% Milk	24-Apr Cheeseburger French Fries Salad & Fruit Bar Nonfat & 1% Milk	25-Apr Spaghetti w/ Meatsauce Garlic Bread Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk	26-Apr Turkey & Cheddar Sandwich Sunchips Carrot Sticks Salad & Fruit Bar Nonfat & 1% Milk	27-Apr Pepperoni Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Pancakes & Fruit Cup <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Strawberry Cream Cheese Bagels <i>Fresh Fruit & Milk</i>
30-Apr Chicken Nuggets Biscuit Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call David Connors, Food Services Director, at (360) 428-6149.		Harvest of the Month: BERRIES!!! April 11th & 18th	