



# May

## Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30-Apr</p> <p><b>Chicken Nuggets</b> Biscuit Mixed Fruit Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>1-May</p> <p><b>Hamburger</b> Potato Smiles Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>2-May</p> <p><b>Turkey Noodle Soup</b> Garlic Bread <b>Melons</b> Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>3-May</p> <p><b>Chicken Nachos</b> Black Beans &amp; Corn Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>4-May</p> <p><b>Pepperoni Pizza</b> Caesar Side Salad Salad &amp; Fruit Bar <b>Nonfat Chocolate Milk</b></p>
<p><b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Choc. Chip French Toast &amp; Fruit cup &amp; Milk</b></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>UBR</b> <i>Fresh Fruit &amp; Milk</i></p>
<p>7-May</p> <p><b>Sweet and Sour Pork</b> Brown Rice Pears Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>8-May</p> <p><b>Turkey &amp; Cheddar Sandwich</b> Sunchips Carrot Sticks Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>9-May</p> <p><b>White Chicken Chili</b> Tortilla Chips <b>Melons</b> Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>10-May</p> <p><b>Popcorn Chicken</b> w/ Potato Wedges Salad &amp; Fruit Bar Nonfat &amp; 1% Milk</p>	<p>11-May</p> <p><b>Cheese Pizza</b> Caesar Side Salad Salad &amp; Fruit Bar <b>Nonfat Chocolate Milk</b></p>
<p><b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Choc. Chip French Toast &amp; Fruit cup &amp; Milk</b></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>UBR</b> <i>Fresh Fruit &amp; Milk</i></p>

### Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	\$2.50
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

**Harvest of the Month: Melons!!**  
**May 2nd & 9th**



# SPRING



Spring is a great time to be active and enjoy the outdoors!

Try jumping rope, running or riding your bike to get 60 minutes of physical activity each day. Remember to refuel with healthy snacks, like fruits, veggies, low fat dairy & whole grains!

Each lunch comes complete with  
salad bar or fresh vegetable, choice of fresh fruit, and milk!



Monday	Tuesday	Wednesday	Thursday	Friday
14-May <b>Mandarin Orange Chicken</b> with Brown Rice Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	15-May <b>Chicken Burger</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk	16-May <b>Lasagna Roll Up</b> Garlic Bread Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk	17-May <b>Beef Soft Taco</b> Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk	18-May <b>Pepperoni Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Choc. Chip French Toast &amp; Fruit cup &amp; Milk</b>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>UBR</b> <i>Fresh Fruit &amp; Milk</i>
21-May <b>Chicken Teriyaki</b> Brown Rice Mandarin Orange Slices Salad & Fruit Bar Nonfat & 1% Milk	22-May <b>Chicken Nuggets</b> Biscuit Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	23-May <b>Grilled Cheese</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk	24-May <b>Breakfast for Lunch</b> Mini Maple Pancakes Sausage Links Applesauce Salad & Fruit Bar Nonfat & 1% Milk	25-May <b>Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Choc. Chip French Toast &amp; Fruit cup &amp; Milk</b>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>UBR</b> <i>Fresh Fruit &amp; Milk</i>
28-May <b>NO SCHOOL!</b>	29-May <b>Cook's Choice Day</b> Pink Cookie Salad & Fruit Bar Nonfat & 1% Milk	30-May <b>Spaghetti w/ Meatsauce</b> Garlic Bread Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk	31-May <b>Burrito</b> w/ Cilantro Lime Brown Rice Salsa Salad & Fruit Bar Nonfat & 1% Milk	1-Jun <b>Pepperoni Pizza</b> Caesar Side Salad Salad & Fruit Bar <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Choc. Chip French Toast &amp; Fruit cup &amp; Milk</b>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>UBR</b> <i>Fresh Fruit &amp; Milk</i>

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.**