



# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct <b>Sweet and Sour Chicken</b> Brown Rice Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	2-Oct <b>Chicken Nuggets</b> Crackers Steamed Broccoli Salad & Fruit Bar Nonfat & 1% Milk	3-Oct <b>Cheesy Ham and Potato Soup</b> Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Taste WA Day!!</b>	4-Oct <b>Burrito</b> Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk	5-Oct <b>Pizza</b> Caesar 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>Mini Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>
8-Oct <b>Teriyaki Dippers</b> Brown Rice Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk	9-Oct <b>Hamburger</b> Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk	10-Oct <b>Chicken Alfredo</b> Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk	11-Oct <b>Chicken Quesadila</b> w/ Pico De Gallo Salad & Fruit Bar Nonfat & 1% Milk	12-Oct <b>Pizza</b> Caesar 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>Mini Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>

**Meal Prices:**

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

**TASTE WASHINGTON DAY**

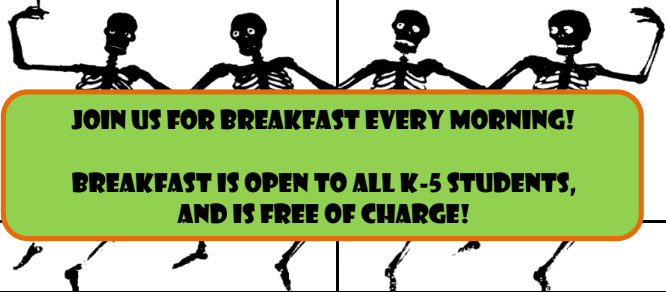
Taste Washington Day is a great way to sample fruits and veggies grown locally in Washington state. This celebration is sponsored by The Washington School Nutrition Association (WSNA) and Washington State Department of Agriculture.

*Be sure to join us Wednesday, October 3rd as we highlight Washington dairy and potatoes in a delicious Cheesy Ham & Potato Soup!*



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



Monday	Tuesday	Wednesday	Thursday	Friday
15-Oct <b>Cheese Stuffed Breadsticks</b> Marinera Dipping Sauce Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	16-Oct <b>Chicken Burger</b> French Fries Salad & Fruit Bar Nonfat & 1% Milk	17-Oct <b>Beef and Barley Soup</b> Oyster Crackers Salad & Fruit Bar Nonfat & 1% Milk	18-Oct <b>Ham and Cheese Sandwich</b> BBQ Lays Chips Salad & Fruit Bar Nonfat & 1% Milk	19-Oct <b>Pizza</b> Caesar 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>Mini Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>
22-Oct <b>Mandarin Orange Chicken</b> Steamed Brown rice Salad & Fruit Bar Nonfat & 1% Milk	23-Oct <b>Cheeseburger</b> Seasoned Fries Salad & Fruit Bar Nonfat & 1% Milk	24-Oct <b>Grilled Cheese</b> Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk	25-Oct <b>Beef Nachos</b> w/ Cheese and Salsa Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk	26-Oct <b>Pizza</b> Caesar 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>Mini Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Cinni</b> <i>Fresh Fruit &amp; Milk</i>
29-Oct <b>Teriyaki Chicken</b> Steamed Brown rice Diced Pears Salad & Fruit Bar Nonfat & 1% Milk	30-Oct <b>Breakfast for Lunch</b> Waffles & Sausage Link Sakuma Strawberries Salad & Fruit Bar Nonfat & 1% Milk	31-Oct <b>Ooey-Goey Beefy Mac</b> Garlic Bread Frosted Halloween Cookie Salad & Fruit Bar Nonfat & 1% Milk	 <p><b>JOIN US FOR BREAKFAST EVERY MORNING!</b> <b>BREAKFAST IS OPEN TO ALL K-5 STUDENTS, AND IS FREE OF CHARGE!</b></p>	
<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>Mini Pancakes</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.