



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep Sweet and Sour Chicken Steamed Rice Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	1-Oct Chicken Nuggets French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	2-Oct Penne Pasta w/ Meatsauce Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	3-Oct Ham and Cheese Sandwich Oven Baked Cheetos Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	4-Oct Pepperoni Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt Fresh Fruit & Milk	Pancake & Sausage on a stick Fresh Fruit & Milk	Muffin Flat and String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Cinni Fresh Fruit & Milk
7-Oct Teriyaki Dippers Steamed Rice Diced Peaches Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	8-Oct Cheeseburger Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	9-Oct Chicken Alfredo Garlic Bread Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	10-Oct Burrito Refried Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	11-Oct Cheese Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk
Cereal Choice & Yogurt Fresh Fruit & Milk	Pancake & Sausage on a stick Fresh Fruit & Milk	Muffin Flat and String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Cinni Fresh Fruit & Milk

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 15th 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
14-Oct Cheese Stuffed Breadsticks Marinera Dipping Sauce Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	15-Oct Cheesy Ham and Potato Soup Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	16-Oct Hamburger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	17-Oct Chicken Quesadila w/ Salsa Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	18-Oct Pepperoni Pizza Caesar 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>	Muffin Flat and String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>
21-Oct Mandarin Orange Chicken Steamed Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	22-Oct Grilled Chicken Burger Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	23-Oct Breakfast for Lunch Mini Pancakes & Sausage Link Sakuma blueberries w/ whip Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	24-Oct Turkey Taco Nachos w/ Cheese and Salsa Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	25-Oct Cheese Pizza Caesar 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>	Muffin Flat and String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>
28-Oct Teriyaki Chicken Steamed Rice Diced Pears Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	29-Oct Grilled Cheese Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	30-Oct Beefy Mac Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk	31-Oct Chicken Nuggets French Fries Frosted Cookie Nonfat & 1% Milk Nonfat Chocolate Milk	1-Nov Pepperoni Pizza Caesar 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>	Muffin Flat and String Cheese <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & 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.