



**Mount Vernon School District**  
*Growing Healthy Students!*



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2-Dec</p> <p><b>Beef Dippers</b>            Steamed Rice            Fortune Cookie            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">3-Dec</p> <p><b>Queso Bean &amp; Cheese Burrito</b>            Seasoned Beans            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b>  <i>Harvest of the Month!</i></p>	<p style="text-align: right;">4-Dec</p> <p><b>Cheeseburger Mac</b>            Garlic Bread            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">5-Dec</p> <p><b>Ham and Cheese Sandwich</b>            Doritos Chips            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">6-Dec</p> <p><b>Pepperoni Pizza</b>            Caesar 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>Muffin Flat and String Cheese</b>  <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b>  <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Frosted Long John</b>  <i>Fresh Fruit &amp; Milk</i></p>
<p style="text-align: right;">9-Dec</p> <p><b>Mandarin Orange Chicken</b>            Steamed Rice            Fortune Cookie            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">10-Dec</p> <p><b>Hamburger</b>            Seasoned Potato Wedges            Green Beans            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">11-Dec</p> <p><b>Breakfast for Lunch</b>            Blueberry Waffles &amp; Sausage Links            Sakuma Blueberries w/ whip            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">12-Dec</p> <p><b>Turkey &amp; Gravy</b>            Mashed Potatoes            Cranberry Sauce &amp; Roll            Salad &amp; Fruit Bar            Nonfat &amp; 1% Milk  <b>Nonfat Chocolate Milk</b></p>	<p style="text-align: right;">13-Dec</p> <p><b>Cheese Pizza</b>            Caesar 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>Muffin Flat and String Cheese</b>  <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b>  <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Frosted Long John</b>  <i>Fresh Fruit &amp; Milk</i></p>

**Meal Prices:**

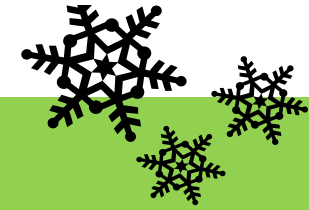
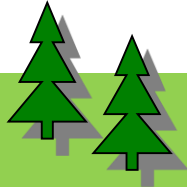
Elementary - Breakfast \$ No Charge, Lunch \$2.75

Adult - Lunch \$4.00

Reduced Price - Breakfast \$0.00 - Lunch \$0.40

Milk - \$0.50





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

Monday	Tuesday	Wednesday	Thursday	Friday
16-Dec <b>Teriyaki Chicken</b> Steamed Rice Mixed Fruit Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	17-Dec <b>Beef Chili</b> Corn Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b> <i>Harvest of the Month!</i>	18-Dec <b>Chicken Nuggets</b> Crinkle Cut Fries Diced Peaches Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	19-Dec <b>Crispito</b> Spanish Rice & Beans Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	20-Dec <b>Pepperoni Pizza</b> Caesar Salad Rice Krispie Treat Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
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	Frosted Long John Fresh Fruit & Milk
23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
<b>Winter Break - No School</b>				
30-Dec	<p><b>Harvest of the Month.</b>  <b>BEANS</b> are the seeds from flowering plants in the Fabaceae family and are classified as legumes. They usually grow in pods, which are capsules with several beans inside. These pods or capsules develop from flowers. Other legumes include peas, peanuts, and lentils.</p> <p>Beans contain amino acids, which are the chemicals that combine to form protein</p>			
No School. Back Jan 6	<p><i>Harvest of the Month</i>  <b>BEANS!</b>            December 3rd &amp; 17th.</p>			

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.**