



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back to School!</p>		<p>1-Sep Chicken Nuggets Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>2-Sep Burrito W/ Hot Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>3-Sep Pizza Carrots & Ranch Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>
		<p>Mini Pancakes Fresh Fruit & Milk</p>	<p>Breakfast Burrito Fresh Fruit & Milk</p>	<p>Zucchini Bread Fresh Fruit & Milk</p>
<p>6-Sep Labor Day! No School. No Food Service.</p>	<p>7-Sep Cheeseburger Tator Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>8-Sep Spaghetti & Meatsauce Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>9-Sep Cheesy Chicken Quesadilla Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>10-Sep Pizza Green Beans Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>
	<p>Pancake & Sausage on a stick Fresh Fruit & Milk</p>	<p>Mini Pancakes Fresh Fruit & Milk</p>	<p>Breakfast Burrito Fresh Fruit & Milk</p>	<p>Zucchini Bread Fresh Fruit & Milk</p>

Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	unavailable
Side Milk	unavailable

Important News:

Mount Vernon School District recently changed our food program with the government due to our high level of poverty / free and reduced eligible students. The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.



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



Monday	Tuesday	Wednesday	Thursday	Friday
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Cheese Stuffed Breadsticks Marinera Dipping Sauce Red Grapes Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Breaded Chicken Burger French Fries Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Hotdog Tator Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Nacho Bites Doritos Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Pizza Carrots & Ranch Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Pancakes <i>Fresh Fruit & Milk</i>	Breakfast Burrito <i>Fresh Fruit & Milk</i>	Zucchini Bread <i>Fresh Fruit & Milk</i>
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Super Pretzel w/ Cheese Sauce for dipping String cheese Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Hamburger French Fries Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Cheese Stuffwich Doritos Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Breakfast for Lunch Belgium Waffle and Sausage Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Pizza Green Beans Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Pancakes <i>Fresh Fruit & Milk</i>	Breakfast Burrito <i>Fresh Fruit & Milk</i>	Zucchini Bread <i>Fresh Fruit & Milk</i>
27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
Corndog Tator Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Ham and Cheese Sandwich Sunchips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Chicken Nuggets Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Green Chile Tamale W/ Hot Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	Pizza Carrots & Ranch Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i>	Mini Pancakes <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Zucchini Bread <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.