



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

Monday	Tuesday	Wednesday	Thursday	Friday
8-Nov Ham and Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	9-Nov Hotdog French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Nov Soft Taco w/ Turkey Taco Meat Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	11-Nov Veteran's Day No School	12-Nov Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Fruit Strudel <i>Fresh Fruit & Milk</i>		Long John <i>Fresh Fruit & Milk</i>
15-Nov Chicken Nuggets Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Nov Hamburger French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Nov Turkey Gravy w/ Mashed Poatoes & Roll Holiday Sugar Cookie Fresh Fruit and Veg 1% White Milk or Chocolate Milk	18-Nov Burrito W/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Nov Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Fruit Strudel <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Pumpkin Bread <i>Fresh Fruit & 1% Milk</i>
22-Nov Cheese Stuffed Breadsticks Marinera Dipping Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	23-Nov Corndog Crackers/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Nov Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Nov Thanksgiving Day No Meal Service	26-Nov No Meal Service
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Fruit Strudel <i>Fresh Fruit & Milk</i>		
29-Nov Super Pretzel w/ Cheese Sauce for dipping String cheese Fresh Fruit & Veg. 1% White Milk or Chocolate Milk	30-Nov Grilled Cheese Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	1-Dec Chicken Nuggets Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	2-Dec Breakfast for Lunch Mini Waffles and Sausage Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-Dec Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Fruit Strudel <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Pumpkin Bread <i>Fresh Fruit & 1% 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.