



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
3-Jan Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	4-Jan Corndog French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Jan Breakfast for Lunch Mini Waffles and Sausage Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-Jan Green Chili & Cheese Tamale w/ Hot Sauce & Sour Cream Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Jan Breaded Chicken Burger French Fries/Chips 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>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>
10-Jan Chicken Nuggets Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	11-Jan Cheeseburger French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Jan Elbow Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Veg 1% White Milk or Chocolate Milk	13-Jan Burrito w/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Jan 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>	Mini Cinni <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>
17-Jan MLK Day! No School	18-Jan Cheese Stuffed Breadsticks Marinera Dipping Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Jan Breaded Chicken Burger French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Jan Nachos w/ Turkey Taco Meat Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	21-Jan Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Mini Cinni <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>
24-Jan Super Pretzel w/ Cheese Sauce for dipping String cheese Fresh Fruit & Veg. 1% White Milk or Chocolate Milk	25-Jan Hotdog French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Jan Beef Chili Corn Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Jan Chicken Quesadilla w/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	28-Jan 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>	Mini Cinni <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & 1% Milk</i>	Muffin <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.

