



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

**Meal Prices:**  
 Elementary Breakfast &  
 Lunch: **No Charge**  
 Adult Lunch & Salad Bar:  
**\$5.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10-Oct</b> <b>Chicken Strips</b> w/ Sunchips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>11-Oct</b> <b>Hotdog</b> Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>12-Oct</b> <b>No School</b> <b>Non Student/Non Contract Day</b>	<b>13-Oct</b> <b>Turkey Taco Nachos</b> w/ Pico de Gallo Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>14-Oct</b> <b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Waffles</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin &amp; String Cheese</b> <i>Fresh Fruit &amp; Milk</i>
<b>17-Oct</b> <b>Corndog</b> French Fries Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>18-Oct</b> <b>Chicken Burger</b> Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>19-Oct</b> <b>Turkey Chef Salad</b> Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>20-Oct</b> <b>Cheese Quesadilla</b> Jicama & Limes Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>21-Oct</b> <b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Waffles</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Ultimate Breakfast Cookie</b> <i>Fresh Fruit &amp; Milk</i>
<b>24-Oct</b> <b>Mandarin Orange Chicken</b> Steamed Rice & Veggies Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>25-Oct</b> <b>Hamburger</b> Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>26-Oct</b> <b>Shepherds Pie</b> Buttermilk Biscuit Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>27-Oct</b> <b>Breakfast for Lunch</b> French Toast and Sausage Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>28-Oct</b> <b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Waffles</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Cinnamon Roll</b> <i>Fresh Fruit &amp; Milk</i>
<b>31-Oct</b> <b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>1-Nov</b> <b>Turkey and Cheese Sandwich</b> Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>2-Nov</b> <b>Spaghetti w/ Meatsauce</b> Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>3-Nov</b> <b>Burrito</b> Steamed Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>4-Nov</b> <b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Maple Waffles</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Ultimate Breakfast Cookie</b> <i>Fresh Fruit &amp; 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.



