



# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">30-Nov</p> <p><b>Ham and Cheese Sub</b> Chips Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">1-Dec</p> <p><b>Burrito</b> Jicama Sticks Fresh Vegetable Chocolate Milk</p>	<p style="text-align: right;">2-Dec</p> <p><b>Nachos ToGo</b> Cheese Sauce &amp; Salsa Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">3-Dec</p> <p><b>Chicken Nuggets</b> Goldfish Crackers Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">4-Dec</p> <p><b>Pizza</b> Cookie Fresh Fruit &amp; Veg Chocolate Milk</p>
<p><b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Belgium Waffle</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Muffin</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Breakfast Bar</b> <i>Fresh Fruit &amp; 1% Milk</i></p>
<p style="text-align: right;">7-Dec</p> <p><b>Cheese Stuffed Breadsticks</b> Marinera Dipping Cup Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">8-Dec</p> <p><b>Corndog</b> Red Grapes Fresh Veg Chocolate Milk</p>	<p style="text-align: right;">9-Dec</p> <p><b>Breaded Chicken Sandwich</b> Chips Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">10-Dec</p> <p><b>Nacho Bites</b> w/ Salsa Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">11-Dec</p> <p><b>Cheeseburger</b> Chips Fresh Fruit &amp; Veg Chocolate Milk Fruit Snack</p>
<p><b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Belgium Waffle</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Muffin</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Breakfast Bar</b> <i>Fresh Fruit &amp; 1% Milk</i></p>
<p style="text-align: right;">14-Dec</p> <p><b>Ham and Cheese Sandwich</b> Chips Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">15-Dec</p> <p><b>Pizza</b> Side Caesar Salad Fresh Fruit Chocolate Milk</p>	<p style="text-align: right;">16-Dec</p> <p><b>Beefy Mac</b> Breadstick Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">17-Dec</p> <p><b>Bean &amp; Cheese Chalupa</b> Hot Sauce &amp; Sour Cream Fresh Fruit &amp; Veg Chocolate Milk</p>	<p style="text-align: right;">18-Dec</p> <p><b>Hamburger</b> Chips Fresh Fruit &amp; Veg Chocolate Milk Cookie</p>
<p><b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Belgium Waffle</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Muffin</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i></p>	<p><b>Breakfast Bar</b> <i>Fresh Fruit &amp; 1% Milk</i></p>
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec

**Winter Break - No School. Dec 21 - Jan 1. Back Jan 4**

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.**