



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Nov Ham and Cheese Sub Chips Fresh Fruit & Veg Chocolate Milk	3-Nov Pizza Side Caesar Salad Fresh Fruit Chocolate Milk	4-Nov Spaghetti w/ Meatsauce Breadstick Fresh Fruit & Veg Chocolate Milk	5-Nov Chicken Nuggets Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	6-Nov Grilled Chicken Burger Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>	Mini Pancakes <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>
9-Nov Cheese Stuffed Breadsticks Marinera Dipping Cup Fresh Fruit & Veg Chocolate Milk	10-Nov Breakfast for Lunch Pancake on a Stick Red Grapes Fresh Veg Chocolate Milk	11-Nov Veterans Day! No Meal Service	12-Nov Green Chile & Pork Tamale w/ Hot Sauce & Sour Cream Fresh Fruit & Veg Chocolate Milk	13-Nov Cheeseburger Chips Fresh Fruit & Veg Chocolate Milk Cookie
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle <i>Fresh Fruit & 1% Milk</i>		Mini Pancakes <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>
16-Nov Ham and Cheese Sandwich Chips Fresh Fruit & Veg Chocolate Milk	17-Nov Pizza Side Caesar Salad Fresh Fruit Chocolate Milk	18-Nov Beef Chili Corn Bread Fresh Fruit & Veg Chocolate Milk	19-Nov Burrito Jicama Sticks Fresh Vegetable Chocolate Milk	20-Nov Hamburger Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>	Mini Pancakes <i>Fresh Fruit & 1% Milk</i>	Mini Cinni <i>Fresh Fruit & 1% Milk</i>
23-Nov Sunbutter & Jelly Sandwich Whole Grain Crackers Fresh Fruit & Veg Chocolate Milk	24-Nov Breaded Chicken Burger Chips Fresh Fruit & Veg Chocolate Milk	25-Nov Corndog Red Grapes Fresh Veg Chocolate Milk	26-Nov Thanksgiving Day No Meal Service	27-Nov No Meal Service
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Belgium Waffle <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.