



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5-Oct</b> <b>Ham and Cheese Sub</b> Chips Fresh Fruit & Veg Chocolate Milk	<b>6-Oct</b> <b>Pizza</b> Side Caesar Salad Fresh Fruit Chocolate Milk	<b>7-Oct</b> <b>Nachos ToGo</b> Cheese Sauce & Salsa Fresh Fruit & Veg Chocolate Milk	<b>8-Oct</b> <b>Chicken Nuggets</b> Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	<b>9-Oct</b> <b>Hamburger</b> Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
<b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i>	Strawberry Creamcheese Bagel <i>Fresh Fruit &amp; 1% Milk</i>	<b>Banana Bread</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Muffin Flat</b> <i>Fresh Fruit &amp; 1% Milk</i>
<b>12-Oct</b> <b>Cheese Stuffed Breadsticks</b> Marinera Dipping Cup Fresh Fruit & Veg Chocolate Milk	<b>13-Oct</b> <b>Beef Taco Salad</b> Breadstick Fresh Fruit Chocolate Milk	<b>14-Oct</b> <b>Breaded Chicken Burger</b> Chips Fresh Fruit & Veg Chocolate Milk	<b>15-Oct</b> <b>Burrito</b> Tortilla Chips w. Salsa Fresh Fruit & Veg Chocolate Milk	<b>16-Oct</b> <b>Pizza</b> Cookie Fresh Fruit & Veg Chocolate Milk
<b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i>	Strawberry Creamcheese Bagel <i>Fresh Fruit &amp; 1% Milk</i>	<b>Banana Bread</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Muffin Flat</b> <i>Fresh Fruit &amp; 1% Milk</i>
<b>19-Oct</b> <b>Ham and Cheese Sub</b> Chips Fresh Fruit & Veg Chocolate Milk	<b>20-Oct</b> <b>Pizza</b> Side Caesar Salad Fresh Fruit Chocolate Milk	<b>21-Oct</b> <b>Creamy Chicken Chili</b> Breadstick Fresh Fruit & Veg Chocolate Milk	<b>22-Oct</b> <b>Chicken Nuggets</b> Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	<b>23-Oct</b> <b>Cheeseburger</b> Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
<b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i>	Strawberry Creamcheese Bagel <i>Fresh Fruit &amp; 1% Milk</i>	<b>Banana Bread</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Muffin Flat</b> <i>Fresh Fruit &amp; 1% Milk</i>
<b>26-Oct</b> <b>Sunbutter &amp; Jelly Sandwich</b> Whole Grain Crackers Fresh Fruit & Veg Chocolate Milk	<b>27-Oct</b> <b>Grilled Chicken Burger</b> Chips Fresh Fruit & Veg Chocolate Milk	<b>28-Oct</b> <b>Corndog</b> Red Grapes Fresh Veg Chocolate Milk	<b>29-Oct</b> <b>Nacho Bites</b> Cheese Sauce Cup Fresh Fruit & Veg Chocolate Milk	<b>30-Oct</b> <b>Pizza</b> Cookie Fresh Fruit & Veg Chocolate Milk
<b>Cereal &amp; Cracker Pack</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Mini Pancakes</b> <i>Fresh Fruit &amp; 1% Milk</i>	Strawberry Creamcheese Bagel <i>Fresh Fruit &amp; 1% Milk</i>	<b>Banana Bread</b> <i>Fresh Fruit &amp; 1% Milk</i>	<b>Muffin Flat</b> <i>Fresh Fruit &amp; 1% Milk</i>