



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

Monday	Tuesday	Wednesday	Thursday	Friday
4-Jan Turkey and Cheese Sandwich Chips Fresh Fruit & Veg Chocolate Milk	5-Jan Pizza Side Caesar Salad Fresh Fruit Chocolate Milk	6-Jan Soft Pretzel w/ Cheese Sauce Cup Fresh Fruit & Veg Chocolate Milk	7-Jan Chicken Nuggets Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	8-Jan 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 French Toast <i>Fresh Fruit & 1% Milk</i>	Breakfast Bar <i>Fresh Fruit & 1% Milk</i>
11-Jan Cheese Stuffed Breadsticks Marinera Dipping Cup Fresh Fruit & Veg Chocolate Milk	12-Jan Pizza Side Caesar Salad Fresh Fruit Chocolate Milk	13-Jan Green Chili & Cheese Tamale w/ Hot Sauce & Sour Cream Fresh Fruit & Veg Chocolate Milk	14-Jan Spaghetti & Meatsauce Breadstick Fresh Fruit & Veg Chocolate Milk	15-Jan 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>	Muffin <i>Fresh Fruit & 1% Milk</i>	Mini French Toast <i>Fresh Fruit & 1% Milk</i>	Whole Grain Donut <i>Fresh Fruit & 1% Milk</i>
18-Jan NO SCHOOL! Martin Luther King Jr. Day	19-Jan NO SCHOOL! Professional Development Day No Food Services	20-Jan Cheese Stuffwich Celery Sticks & Ranch Fresh Fruit & Veg Chocolate Milk	21-Jan Burrito Jicama Fresh Vegetable Chocolate Milk	22-Jan Hamburger Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
		Muffin <i>Fresh Fruit & 1% Milk</i>	Mini French Toast <i>Fresh Fruit & 1% Milk</i>	Breakfast Bar <i>Fresh Fruit & 1% Milk</i>
25-Jan <i>K-8 Non-Contract Day</i> <i>Food Services at MVHS only.</i>	26-Jan Pizza Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	27-Jan Corndog Red Grapes Fresh Veg Chocolate Milk	28-Jan Nacho Bites w/ Salsa Fresh Fruit & Veg Chocolate Milk	29-Jan Breaded Chicken Burger Chips Fresh Fruit & Veg Chocolate Milk
	Belgium Waffle <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>	Mini French Toast <i>Fresh Fruit & 1% Milk</i>	Whole Grain Donut <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.