



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

Monday	Tuesday	Wednesday	Thursday	Friday
1-Mar Turkey and Cheese Sandwich Chips Fresh Fruit & Veg Chocolate Milk	2-Mar Pizza Carrots & Hummus Fresh Fruit Chocolate Milk	3-Mar Soft Pretzel w/ Cheese Sauce Cup Yogurt Fresh Fruit & Veg Chocolate Milk	4-Mar Chicken Nuggets Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	5-Mar Breaded Chicken Burger Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Banana Bread <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>	Fruit Strudel <i>Fresh Fruit & 1% Milk</i>	Breakfast Bar <i>Fresh Fruit & 1% Milk</i>
8-Mar Cheese Stuffed Breadsticks Marinera Dipping Cup Fresh Fruit & Veg Chocolate Milk	9-Mar Pizza Celery Sticks & Ranch Fresh Fruit Chocolate Milk	10-Mar Green Chili & Cheese Tamale w/ Hot Sauce & Sour Cream Fresh Fruit & Veg Chocolate Milk	11-Mar SunButter & Jelly Sandwich Cheez-its Fresh Fruit & Veg Chocolate Milk	12-Mar NO SCHOOL! Professional Development Day No Food Services
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Zucchini Bread <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>	Fruit Strudel <i>Fresh Fruit & 1% Milk</i>	
15-Mar Chicken Nuggets Goldfish Crackers Fresh Fruit & Veg Chocolate Milk	16-Mar Pizza Carrots & Ranch Fresh Fruit Chocolate Milk	17-Mar Cheese Stuffwich Yogurt Fresh Fruit & Veg Chocolate Milk	18-Mar Burrito Jicama Fresh Vegetable Chocolate Milk	19-Mar Hamburger Chips Fresh Fruit & Veg Chocolate Milk Cookie
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Banana Bread <i>Fresh Fruit & 1% Milk</i>	Muffin  <i>Fresh Fruit & 1% Milk</i>	Fruit Strudel <i>Fresh Fruit & 1% Milk</i>	Breakfast Bar <i>Fresh Fruit & 1% Milk</i>
22-Mar SunButter & Jelly Sandwich Cheez-its Fresh Fruit & Veg Chocolate Milk	23-Mar Pizza Celery Sticks & Hummus Fresh Fruit & Veg Chocolate Milk	24-Mar Corndog Red Grapes Fresh Veg Chocolate Milk	25-Mar Nacho Bites w/ Salsa Fresh Fruit & Veg Chocolate Milk	26-Mar Cheeseburger Chips Fresh Fruit & Veg Chocolate Milk Rice Krispie Treat
Cereal & Cracker Pack <i>Fresh Fruit & 1% Milk</i>	Zucchini Bread <i>Fresh Fruit & 1% Milk</i>	Muffin <i>Fresh Fruit & 1% Milk</i>	Fruit Strudel <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.