



# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back to School!</p>		<p>7-Sep <b>Chicken Nuggets</b> Breadstick Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>8-Sep <b>Burrito</b> Black Beans &amp; Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>9-Sep <b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>
		<p><b>French Toast</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i></p>
<p>12-Sep <b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>13-Sep <b>Breaded Chicken Burger</b> Tator Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>14-Sep <b>Spaghetti &amp; Meatsauce</b> Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>15-Sep <b>Breakfast for Lunch</b> Eggo Waffles and Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>	<p>16-Sep <b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk</p>
<p><b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>French Toast</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i></p>	<p><b>Muffin and Yogurt</b> <i>Fresh Fruit &amp; Milk</i></p>

### Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$4.00
Side Milk	unavailable

### Important News:

Mount Vernon School District recently changed our food program with the government due to our high level of poverty / free and reduced eligible students. The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.



**Each lunch comes complete with  
salad bar or fresh vegetable, choice of fresh fruit, and milk!**



Monday	Tuesday	Wednesday	Thursday	Friday
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
<b>Chicken Strips</b> Goldfish Crackers Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Hotdog</b> Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Macaroni &amp; Cheese</b> Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Turkey Taco Nachos</b> w/ Salsa Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>French Toast</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin and Yogurt</b> <i>Fresh Fruit &amp; Milk</i>
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
<b>Super Pretzel</b> w/ Cheese Sauce for dipping String cheese Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Hamburger</b> Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Cheese Stuffwich</b> Tomato Soup Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Corndog</b> French Fries Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>French Toast</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin and Yogurt</b> <i>Fresh Fruit &amp; Milk</i>
3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
<b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Breaded Chicken Burger</b> Tator Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Beef Chili</b> Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Breakfast for Lunch</b> Eggo Waffles and Sausage links Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	<b>Pizza</b> Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> <i>Fresh Fruit &amp; Milk</i>	<b>Mini Pancakes</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Burrito</b> <i>Fresh Fruit &amp; 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.**