



Mount Vernon School District
Growing Healthy Students!

Meal Prices:
Elementary Breakfast &
Lunch: **No Charge**
Adult Lunch & Salad Bar:
\$5.00

Monday	Tuesday	Wednesday	Thursday	Friday
10-Oct Chicken Strips w/ Sunchips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	11-Oct Hotdog Tater Tots Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	12-Oct No School Non Student/Non Contract Day	13-Oct Turkey Taco Nachos w/ Pico de Gallo Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	14-Oct Pizza Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Maple Waffles Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk	Muffin & String Cheese Fresh Fruit & Milk
17-Oct Corndog French Fries Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	18-Oct Chicken Burger Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	19-Oct Turkey Chef Salad Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	20-Oct Cheese Quesadilla Jicama & Limes Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	21-Oct Pizza Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Maple Waffles Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk	Ultimate Breakfast Cookie Fresh Fruit & Milk
24-Oct Mandarin Orange Chicken Steamed Rice & Veggies Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	25-Oct Hamburger Chips Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	26-Oct Shepherds Pie Buttermilk Biscuit Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	27-Oct Breakfast for Lunch French Toast and Sausage Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	28-Oct Pizza Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Maple Waffles Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk	Cinnamon Roll Fresh Fruit & Milk
31-Oct Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	1-Nov Turkey and Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	2-Nov Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	3-Nov Burrito Steamed Corn Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk	4-Nov Pizza Fresh Fruit Salad Bar 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Maple Waffles Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk	Ultimate Breakfast Cookie Fresh Fruit & Milk

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.

