



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back to School!</p>		<p>30-Aug Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>31-Aug Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>1-Sep Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
		<p>Cereal Choice & Cracker Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Pancake on a Stick Fresh Fruit & Milk</p>
<p>4-Sep Labor Day No school No Food Services</p>	<p>5-Sep Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>6-Sep Spaghetti & Meatsauce Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>7-Sep Hamburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>8-Sep Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
	<p>Cereal Choice & Cracker Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Pancake on a Stick Fresh Fruit & Milk</p>	<p>Ultimate Breakfast Cookie Fresh Fruit & Milk</p>

Meal Prices:

Elementary Breakfast	No Charge
Elementary Lunch	No Charge
Adult Lunch	\$5.00
Side Milk	unavailable

Important News:

Mount Vernon School District 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
11-Sep Chicken Strips Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Sep Hotdog Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Sep Macaroni & Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Sep Soft Turkey Taco w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Sep Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Mini Cinni or Strawberry Bagel Bar <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>
18-Sep Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	19-Sep Ham & Cheese Sandwich Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Sep Breakfast for Lunch Eggo Waffles and Sausage links Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	21-Sep Turkey Taco Nachos w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	22-Sep Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Mini Cinni or Strawberry Bagel Bar <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>
25-Sep Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Sep Breaded Chicken Burger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Sep Beef Taco Soup Tortilla Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	28-Sep Corndog Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	29-Sep Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Mini Cinni or Strawberry Bagel Bar <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & 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.