



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
Happy New Year!	Chicken Nuggets w/ Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Burrito Seasoned Pinto Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheeseburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Frosted Long John Fresh Fruit & Milk
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Beef Teriyaki Dippers Steamed Rice & Veggies Fortune Cookie Fresh Fruit and Veggies 1% White Milk or Chocolate Milk	Chicken Burger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Mac and Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Corndog Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Mini Cinni Fresh Fruit & Milk	Cinnamon Toast Crunch Bar Fresh Fruit & Milk
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
MLK Day! No School	Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch Mini Pancakes & Turkey Sausage Patty Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Turkey and Cheese Sandwich Baked Cheetos Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	Cereal Choice & Cracker Fresh Fruit & Milk	Muffin and String Cheese Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Chicken Strips Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Hamburger Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Noodle Soup Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Turkey Taco Nachos w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a stick Fresh Fruit & Milk	Mini Cinni Fresh Fruit & Milk	Frosted Long John 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.

