



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

Monday	Tuesday	Wednesday	Thursday	Friday
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
No School Non-Student, Non-Contract	Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch Mini French Toast and Turkey Sausage Patty Dried Cranberries Fresh Vegetables 1% White Milk or Chocolate Milk	Burrito w/ Hot sauce 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	Bagel and Cream Cheese Fresh Fruit & Milk
5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Hamburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Enchilada Empanada 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	Cinnamon Toast Crunch Bar Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Bagel and Cream Cheese Fresh Fruit & Milk
12-Feb	13-Feb	14-Feb	15-Feb	16-Feb
Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Burger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chili Con Carne Goldfish Crackers and Pink Cookie! Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk <i>Happy Valentine's Day!</i>	Corndog 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	Cinnamon Toast Crunch Bar Fresh Fruit & Milk	Bagel and Cream Cheese Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk

This institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call Cheyenne Walker, Food Services Director, at (360) 428-6149.



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



Monday	Tuesday	Wednesday	Thursday	Friday
19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
NO SCHOOL! President's Day	Chicken Strips Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch Mini French Toast & Turkey Sausage Patty Dried Cranberries Fresh Vegetables 1% White Milk or Chocolate Milk	Turkey Taco Nachos w/ Pico 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 & Sausage on a Stick Fresh Fruit & Milk	Bagel and Cream Cheese Fresh Fruit & Milk
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar
Mandarin Orange Chicken Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Turkey and Cheese Sandwich Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheeseburger Mac Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken and Cheese Quesadilla Seasoned Pinto Beans 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	Cinnamon Toast Crunch Bar Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Bagel and Cream Cheese Fresh Fruit & Milk