

Mount Vernon School District

Growing Healthy Students!

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

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