



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

Monday	Tuesday	Wednesday	Thursday	Friday
4-Mar Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Mar Cheeseburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-Mar Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Mar Chicken Enchilada Empanada w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	8-Mar Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cinnamon Toast Crunch Bar <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>
11-Mar Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Mar Chicken Burger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Mar No School Non-Student, Non-Contract	14-Mar Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Mar Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>		Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>
18-Mar Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Mar Hamburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Mar Mac & Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	21-Mar Chicken and Cheese Quesadilla Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	22-Mar Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cinnamon Toast Crunch Bar <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <i>Fresh Fruit & Milk</i>	Ultimate Breakfast Cookie <i>Fresh Fruit & Milk</i>
25-Mar Corndog Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Mar Sloppy Joes Coslaw Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Mar Breakfast for Lunch Mini Eggos & Turkey Sausage Patty Dried Cranberries Fresh Vegetables 1% White Milk or Chocolate Milk	28-Mar Turkey Taco Nachos w/ Pico Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	29-Mar Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Cinnamon Toast Crunch Bar <i>Fresh Fruit & Milk</i>	Pancake & Sausage on a Stick <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 Cheyenne Walker, Food Services Supervisor, at (360) 428-6149.

