APRIL

Mount Vernon School District
Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr *Spring Break!*	**2-Apr** *April 1-5.*	**3-Apr** *Have FUN!*	**4-Apr** *Smile BIG!*	**5-Apr** *Back April 8th*
8-Apr **Chicken Nuggets** Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**9-Apr** **Cheeseburger** French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**10-Apr** **Beefy Mac** Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**11-Apr** **Chicken Enchilada Empanada** w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**12-Apr** **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*	**Maple Long John** *Fresh Fruit & Milk*
15-Apr **Cheese Stuffed Breadsticks** Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**16-Apr** **Chicken Burger** Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**17-Apr** **Beef Teriyaki Dippers** Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**18-Apr** **Burrito** w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**19-Apr** **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*
22-Apr **Chicken Strips** Baked Cheetos Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**23-Apr** **Hotdog** French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**24-Apr** **Breakfast for Lunch** Mini French Toast & Turkey Sausage Patty Dried Cherries Fresh Vegetables 1% White Milk or Chocolate Milk	**25-Apr** **Chicken Soft taco** Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**26-Apr** **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*	**Maple Long John** *Fresh Fruit & Milk*
29-Apr **Corndog** Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**30-Apr** **Hamburger** Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**1-May** **Ham and Cheese Hoagie** Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**2-May** **Turkey Taco Nachos** w/ Pico Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	**3-May** **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*