



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3-Mar</p> <p>Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>4-Mar</p> <p>Hotdog French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>5-Mar</p> <p>No School Non-Student, Non-Contract</p>	<p>6-Mar</p> <p>Burrito Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>7-Mar</p> <p>Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>CT Crunch Bar & String Cheese Fresh Fruit & Milk</p>	<p>Apple Cinnamon Oatmeal Round & Yogurt Fresh Fruit & Milk</p>		<p>Pancake on a Stick Fresh Fruit & Milk</p>	<p>Fruit and Yogurt Parfait Fresh Fruit & Milk</p>
<p>10-Mar</p> <p>Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>11-Mar</p> <p>Ham and Cheese Sandwich Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>12-Mar</p> <p>Chicken Noodle Soup Goldfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>13-Mar</p> <p>Corndog Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>14-Mar</p> <p>Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>CT Crunch Bar & String Cheese Fresh Fruit & Milk</p>	<p>Apple Cinnamon Oatmeal Round & Yogurt Fresh Fruit & Milk</p>	<p>Pancake on a Stick Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Fruit and Yogurt Parfait Fresh Fruit & Milk</p>
<p>17-Mar</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>18-Mar</p> <p>Hamburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>19-Mar</p> <p>Mac & Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>20-Mar</p> <p>Chicken and Cheese Quesadilla Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>21-Mar</p> <p>Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>CT Crunch Bar & String Cheese Fresh Fruit & Milk</p>	<p>Apple Cinnamon Oatmeal Round & Yogurt Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Pancake on a Stick Fresh Fruit & Milk</p>	<p>Fruit and Yogurt Parfait Fresh Fruit & Milk</p>
<p>24-Mar</p> <p>Chicken Teriyaki Bowl Steamed Rice & Veggies Fresh Fruit 1% White Milk or Chocolate Milk</p>	<p>25-Mar</p> <p>Sloppy Joe Sandwich Coslaw Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>26-Mar</p> <p>Breakfast for Lunch French Toast & Turkey Sausage Patty Dried Cranberries Fresh Vegetables 1% White Milk or Chocolate Milk</p>	<p>27-Mar</p> <p>Turkey Taco Nachos w/ Pico Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>	<p>28-Mar</p> <p>Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk</p>
<p>CT Crunch Bar & String Cheese Fresh Fruit & Milk</p>	<p>Apple Cinnamon Oatmeal Round & Yogurt Fresh Fruit & Milk</p>	<p>Breakfast Pizza Fresh Fruit & Milk</p>	<p>Pancake on a Stick Fresh Fruit & Milk</p>	<p>Fruit and Yogurt Parfait Fresh Fruit & Milk</p>



This institution is an equal opportunity provider and employer. Menu subject to change without notice.

Questions? Call Food Services Supervisor at (360) 428-6149.

