



# Mount Vernon School District

*Growing Healthy Students!*

**Meal Prices:**  
Elementary Breakfast & Lunch: No Charge  
 Adult Lunch & Salad Bar: \$5.00  
 Side Milk: \$0.75

Monday	Tuesday	Wednesday	Thursday	Friday
4-Nov <b>Breakfast for Lunch</b> Eggo Waffles and Turkey Sausage Patty Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Nov <b>Chicken Burger</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-Nov <b>Spaghetti &amp; Meatsauce</b> Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Nov <b>Chicken Quesadilla</b> w/ Seasoned Pinto Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	8-Nov <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>UBC &amp; Yami Yogurt</b> Fresh Fruit & Milk	<b>Cinnamon Roll &amp; String Cheese</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk
11-Nov <b>Veterans Days</b> <b>No Meal Service</b>	12-Nov <b>Chicken Nuggets</b> Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Nov <b>Corndog</b> Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Nov <b>Burrito</b> w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Nov <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	<b>Cinnamon Roll &amp; String Cheese</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk
18-Nov <b>Beef Teriyaki Dippers</b> Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	19-Nov <b>Hamburger</b> French fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Nov <b>Chicken Strips</b> Godfish Crackers Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	21-Nov <b>Turkey Gravy</b> and Mash Potatoes Dinner Roll & Cookie! Fresh Fruit & Vegetable 1% White Milk or Chocolate Milk	22-Nov <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>UBC &amp; Yami Yogurt</b> Fresh Fruit & Milk	<b>Cinnamon Roll &amp; String Cheese</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a Stick</b> Fresh Fruit & Milk	<b>Fruit and Yogurt Parfait</b> Fresh Fruit & Milk
25-Nov <b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Nov <b>Ham and Cheese Sandwich</b> Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Nov <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	28-Nov <b>Thanksgiving Day!</b> <b>No Meal Service</b>	29-Nov <b>Thanksgiving Break</b> <b>No Meal Service</b>
<b>UBC &amp; Yami Yogurt</b> Fresh Fruit & Milk	<b>Cinnamon Roll &amp; String Cheese</b> Fresh Fruit & Milk	<b>Pancake on a stick</b> Fresh Fruit & Milk		

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.

