



# Mount Vernon School District

*Growing Healthy Students!*

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p>Welcome Back to School!</p>                                       |  | <p>28-Aug<br/><b>Chicken Nuggets</b><br/>Sunchips<br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p>            | <p>29-Aug<br/><b>Burrito</b><br/>w/ Hot sauce<br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p>  | <p>30-Aug<br/><b>Cheese Pizza</b><br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p>   |
|  |  | <p><b>Cereal Choice &amp; Cracker</b><br/>Fresh Fruit &amp; Milk</p>  | <p><b>Breakfast Pizza</b><br/>Fresh Fruit &amp; Milk</p>  | <p><b>Pancake on a Stick</b><br/>Fresh Fruit &amp; Milk</p>  |
| <p>2-Sep<br/><b>Labor Day</b><br/>No school<br/>No Food Services</p> | <p>3-Sep<br/><b>Cheese Stuffed Breadsticks</b><br/>Marinara Sauce<br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p> | <p>4-Sep<br/><b>Spaghetti &amp; Meatsauce</b><br/>Breadstick<br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p> | <p>5-Sep<br/><b>Hamburger</b><br/>French Fries<br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p> | <p>6-Sep<br/><b>Pepperoni Pizza</b><br/>Fresh Fruit and Vegetables<br/>1% White Milk or Chocolate Milk</p> |
|  | <p><b>Ultimate Breakfast Cookie</b><br/>Fresh Fruit &amp; Milk</p>   | <p><b>Breakfast Pizza</b><br/>Fresh Fruit &amp; Milk</p>  | <p><b>Pancake on a Stick</b><br/>Fresh Fruit &amp; Milk</p>   | <p><b>Cereal Choice &amp; Cracker</b><br/>Fresh Fruit &amp; Milk</p>                                       |

### Meal Prices:

|                      |             |
|----------------------|-------------|
| Elementary Breakfast | No Charge   |
| Elementary Lunch     | No Charge   |
| Adult Lunch          | \$5.00      |
| Side Milk            | unavailable |

### Important News:

Mount Vernon School District Food Services operates under a program called Community Eligibility Provision due to our high level of poverty / free and reduced eligible students. This allows all enrolled students to eat at no charge and there is no more free and reduced applications. If Free status needs to be established for your student, Family Income Surveys are available to fill out through the Teaching and Learning Department



Each lunch comes complete with  
salad bar or fresh vegetable, choice of fresh fruit, and milk!



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 9-Sep<br><b>Chicken Strips</b><br>Goldfish Crackers<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk           | 10-Sep<br><b>Hotdog</b><br>Tater Tots<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                 | 11-Sep<br><b>Macaroni &amp; Cheese</b><br>Garlic Bread<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk           | 12-Sep<br><b>Chicken Soft Taco</b><br>w/ Salsa<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                  | 13-Sep<br><b>Cheese Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk    |
| <b>Ultimate Breakfast Cookie</b><br><i>Fresh Fruit &amp; Milk</i>   | <b>Mini Cinni or Strawberry Bagel Bar</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Fruit and Yogurt Parfait</b><br><i>Fresh Fruit &amp; Milk</i>                                     |
| 16-Sep<br><b>Corndog</b><br>Lays Potato Chips<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                 | 17-Sep<br><b>Cheeseburger</b><br>French Fries<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk         | 18-Sep<br><b>Beef Teriyaki Dippers</b><br>Steamed Rice & Veggies<br>Fresh Fruit<br>Fortune Cookie<br>1% White Milk or Chocolate Milk | 19-Sep<br><b>Turkey Taco Nachos</b><br>w/ Salsa<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk                 | 20-Sep<br><b>Pepperoni Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk |
| <b>Ultimate Breakfast Cookie</b><br><i>Fresh Fruit &amp; Milk</i>   | <b>Mini Cinni or Strawberry Bagel Bar</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Fruit and Yogurt Parfait</b><br><i>Fresh Fruit &amp; Milk</i>                                     |
| 23-Sep<br><b>Cheese Stuffed Breadsticks</b><br>Marinara Sauce<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk | 24-Sep<br><b>Breaded Chicken Burger</b><br>Tator Tots<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk | 25-Sep<br><b>Taco Soup w/ Beef</b><br>Tortilla Chips<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk             | 26-Sep<br><b>Chicken Enchilada<br/>Empanada</b><br>w/ Hot Sauce<br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk | 27-Sep<br><b>Cheese Pizza</b><br>Fresh Fruit<br>and Vegetables<br>1% White Milk or Chocolate Milk    |
| <b>Ultimate Breakfast Cookie</b><br><i>Fresh Fruit &amp; Milk</i>   | <b>Mini Cinni or Strawberry Bagel Bar</b><br><i>Fresh Fruit &amp; Milk</i>  | <b>Pancake on a Stick</b><br><i>Fresh Fruit &amp; Milk</i>   | <b>Breakfast Pizza</b><br><i>Fresh Fruit &amp; Milk</i>   | <b>Fruit and Yogurt Parfait</b><br><i>Fresh Fruit &amp; Milk</i>                                     |

This institution is an equal opportunity provider and employer. Menu subject to change without notice.  
**Questions? Call Cheyenne, Food Services Director, at (360) 428-6149.**

