



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
1-Dec Chicken Strips Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	2-Dec Cheeseburger Mac Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-Dec Grilled Cheese Sandwich Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	4-Dec Burrito w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Dec Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	UBC & Yogurt <i>Fresh Fruit & Milk</i>
8-Dec Cheese Stuffed Breadsticks Marinera Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	9-Dec Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	10-Dec Crispy Chicken Burger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	11-Dec Chicken Enchilada Empanada Seasoned Pinto Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Dec Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	UBC & Yogurt <i>Fresh Fruit & Milk</i>
15-Dec Corndog Green Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Dec Chicken Alfredo Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Dec Hamburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Dec Cook's Choice Pink Cookie! Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Dec Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	Frosted Long John <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	UBC & Yogurt <i>Fresh Fruit & Milk</i>

Winter Break - No School. Dec 22 - Jan 2.
Back Jan 5

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.