



**Mount Vernon  
School District**  
*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
2-Feb <b>Chicken Nuggets</b> Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-Feb <b>Penne Pasta Bake</b> Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	4-Feb <b>Cheeseburger</b> Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Feb <b>Burrito</b> Black Beans & Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-Feb <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Banana Bread &amp; Cheese Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Franz Bagel &amp; Cream Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Maple Frosted Long John</b> <i>Fresh Fruit &amp; Milk</i>
9-Feb <b>Cheese Stuffed Breadsticks</b> Marinera Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Feb <b>Beef Teriyaki Dippers</b> Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	11-Feb <b>Turkey &amp; Cheese Hoagie</b> Lays Potato Chip Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Feb <b>Chicken &amp; Cheese Quesadilla</b> Seasoned Pinto Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Feb <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>UBC &amp; Cheese Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Franz Bagel &amp; Cream Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Maple Frosted Long John</b> <i>Fresh Fruit &amp; Milk</i>
16-Feb <b>NO SCHOOL!</b> <b>President's Day</b>	17-Feb <b>Mac and Cheese</b> Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Feb <b>Sloppy Joe</b> Potato Smiles Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Feb <b>Corndog</b> Mixed Diced Fruit Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Feb <b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	<b>Franz Bagel &amp; Cream Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Maple Frosted Long John</b> <i>Fresh Fruit &amp; Milk</i>
23-Feb <b>Chicken Strips</b> French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Feb <b>Mandarin Orange Chicken</b> Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	25-Feb <b>Hamburger</b> Caesar Salad Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Feb <b>Turkey Taco Nachos</b> w/ Pico De Gallo Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Feb <b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Banana Bread &amp; Cheese Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Franz Bagel &amp; Cream Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake on a Stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Maple Frosted Long John</b> <i>Fresh Fruit &amp; Milk</i>

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.