



Mount Vernon School District

Growing Healthy Students!

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

Monday	Tuesday	Wednesday	Thursday	Friday
3-Nov Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	4-Nov Mandarin Orange Chicken Rice Bowl Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	5-Nov Cheeseburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	6-Nov Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Nov Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	Breakfast Bread & Sunflower Seeds <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Cinnamon Roll & Yogurt <i>Fresh Fruit & Milk</i>
10-Nov Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and vegetables 1% White Milk or Chocolate Milk	11-Nov No School! 	12-Nov Hamburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Nov Chicken Soft Taco Balck Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Nov Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>		Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Cinnamon Roll & Yogurt <i>Fresh Fruit & Milk</i>
17-Nov Chicken Strips Tator Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Nov Breakfast for Lunch Mini Waffles Turkey Sausage Patty Fresh Fruit & Vegetable 1% White Milk or Chocolate Milk	19-Nov Hotdog Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	20-Nov Turkey Gravy and Mash Potatoes Dinner Roll Fresh Fruit & Vegetable 1% White Milk or Chocolate Milk	21-Nov Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	Breakfast Bread & Sunflower Seeds <i>Fresh Fruit & Milk</i>	Breakfast Pizza <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & Milk</i>	Cinnamon Roll & Yogurt <i>Fresh Fruit & Milk</i>
24-Nov Corndog Fruit Cup Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	25-Nov Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Nov Breaded Chicken Burger Pink Cookie! Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	27-Nov Thanksgiving Day! No School	28-Nov Thanksgiving Break No School
Fruit and Yogurt Parfait <i>Fresh Fruit & Milk</i>	Breakfast Bread & Sunflower Seeds <i>Fresh Fruit & Milk</i>	Pancake on a Stick <i>Fresh Fruit & 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.