



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
6-Oct Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Oct Mandarin Orange Chicken Rice Bowl Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	8-Oct Hamburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	9-Oct Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Oct 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>	UBC & Yogurt <i>Fresh Fruit & Milk</i>
13-Oct Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Oct Spaghetti and Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Oct Hotdog French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Oct Chicken Quesadilla Balck Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Oct Pepperoni 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>	UBC & Yogurt <i>Fresh Fruit & Milk</i>
20-Oct Chicken Strips Tator Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	21-Oct Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit Fortune Cookie 1% White Milk or Chocolate Milk	22-Oct Cheeseburger Cinnamon Applesauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	23-Oct Deli Turkey and Cheese Wrap Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Oct 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>	UBC & Yogurt <i>Fresh Fruit & Milk</i>
27-Oct Corndog Fruit Cup Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	28-Oct Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	29-Oct Breaded Chicken Burger Pudding Cup! Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	30-Oct No School! Non-Student Day	31-Oct No School! Non-Student Day Happy Halloween!
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>		