



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
5-Oct Corndog Baked Cheetos Fresh Fruit and Vegetables 1% or Whole White Milk	6-Oct Teriyaki Chicken Bowl Steamed Rice & Veggies Fresh Fruit and Vegetables 1% or Whole White Milk	7-Oct NO SCHOOL! Non-Student Professional Development Day	8-Oct Bean and Cheese Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% or Whole White Milk	9-Oct Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Assorted Breakfast Breads Fresh Fruit & Milk	Mini Cinni or Strawberry Bageful Fresh Fruit & Milk		Pancake on a Stick Fresh Fruit & Milk	Cinnamon Roll Fresh Fruit & Milk
12-Oct Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	13-Oct Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% or Whole White Milk	14-Oct Hotdog Baked Beans Fresh Fruit and Vegetables 1% or Whole White Milk	15-Oct Baked Chicken Drumstick Cornbread & Coleslaw Fresh Fruit and Vegetables 1% or Whole White Milk	16-Oct Pizza Side Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Assorted Breakfast Breads Fresh Fruit & Milk	Mini Cinni or Strawberry Bageful Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Cinnamon Roll Fresh Fruit & Milk
19-Oct Chicken Nuggets Sunchips Diced Peaches Fresh Fruit and Veg 1% or Whole White Milk	20-Oct Mandarin Orange Chicken Steamed Rice & Veggies Fresh Fruit and Vegetables 1% or Whole White Milk	21-Oct Breaded Chicken Burger Potato Smiles Fresh Fruit and Vegetables 1% or Whole White Milk	22-Oct Turkey Taco Nachos Black Beans and Corn Fresh Fruit and Vegetables 1% or Whole White Milk	23-Oct Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Assorted Breakfast Breads Fresh Fruit & Milk	Mini Cinni or Strawberry Bageful Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Yogurt Parfait w/ Granola Fresh Fruit & Milk
26-Oct Chicken Strips French Fries Diced Pears Fresh Fruit and Veg 1% or Whole White Milk	27-Oct Mac and Cheese Breadstick Fresh Fruit and Vegetables 1% or Whole White Milk	28-Oct Hamburger Baked BBQ Chips Fresh Fruit and Vegetables 1% or Whole White Milk	29-Oct Chicken Quesadilla Refried Beans Fresh Fruit and Vegetables 1% or Whole White Milk	30-Oct No School! Non-Student Day Happy Halloween! 
Assorted Breakfast Breads Fresh Fruit & Milk	Mini Cinni or Strawberry Bageful Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	

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.

