



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
2-Nov No School! Non-Student Day	3-Nov Chicken Nuggets Sunchips Diced Pears Fresh Fruit and Veg 1% or Whole White Milk	4-Nov Cheeseburger French Fries Fresh Fruit and Vegetables 1% or Whole White Milk	5-Nov Turkey Taco Nachos Black Beans and Corn Fresh Fruit and Vegetables 1% or Whole White Milk	6-Nov Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
	Mini Blueberry or Maple Waffles Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Frosted Long John Fresh Fruit & Milk
9-Nov Grilled Cheese Sandwich Goldfish Crackers Diced Apricots Fresh Fruit and Veg 1% or Whole White Milk	10-Nov Teriyaki Chicken Bowl Steamed Rice & Veggies Fresh Fruit and Vegetables 1% or Whole White Milk	11-Nov No School! 	12-Nov Bean and Cheese Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% or Whole White Milk	13-Nov Pizza Side Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Muffin Variety Fresh Fruit & Milk	Mini Blueberry or Maple Waffles Fresh Fruit & Milk		Pancake on a Stick Fresh Fruit & Milk	Yogurt Parfait w/ Granola Fresh Fruit & Milk
16-Nov Corndog Doritos Fresh Fruit and Vegetables 1% or Whole White Milk	17-Nov Soft Pretzel Cheese Cup Fresh Fruit and Vegetables 1% or Whole White Milk	18-Nov Hamburger Potato Smiles Fresh Fruit and Vegetables 1% or Whole White Milk	19-Nov Turkey N' Gravy Day! Mash Potatoes Dinner Roll w/ Butter Fresh Fruit & Vegetable 1% or Whole White Milk	20-Nov Pizza Caesar Salad Fresh Fruit and Vegetables 1% or Whole White Milk
Muffin Variety Fresh Fruit & Milk	Mini Blueberry or Maple Waffles Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Pancake on a Stick Fresh Fruit & Milk	Frosted Long John Fresh Fruit & Milk
23-Nov Chicken Strips Tator Tots Diced Peaches Fresh Fruit and Veg 1% or Whole White Milk	24-Nov Mac and Cheese Breadstick Fresh Fruit and Vegetables 1% or Whole White Milk	25-Nov Breakfast for Lunch Trix French Toast Sausage Patty Fresh Fruit & Vegetable 1% or Whole White Milk	26-Nov Thanksgiving Day! No School	27-Nov Thanksgiving Break No School
Muffin Variety Fresh Fruit & Milk	Mini Blueberry or Maple Waffles Fresh Fruit & Milk	Breakfast Pizza 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.